



**REVEALING THE BENEFITS OF ZAM-ZAM WATER IN THE
PERSPECTIVE OF ISLAM AND HEALTH**

Hakmi Wahyudi¹, Muhammad Amiruddin², Abbas Arriziq², Romlatul Maula²,
M. A'laa Muniron Kusuma², Inayah Nailun Nabila²

¹ Postgraduate Sultan Syarif Kasim State Islamic University Riau

² Faculty of Medicine and Health Sciences, UIN Maulana Malik Ibrahim Malang

Email: abbasarriziq18@gmail.com

Abstract

Health is one of the most important things that everyone should have. One thing that needs to be considered in maintaining health is food and drink. Islam is a complex religion because eating and drinking have been regulated in Islam, as stated in the Al-Quran and Hadith. One of them is about zam-zam water. Some of the author's goals are to find out the existence of zam-zam water in the Qur'an and hadith, know the content of zam-zam water, and the method of treatment with zam-zam water. The result is that zam-zam water has a special existence, as do many Qur'ans and hadiths discussing zam-zam water. Zam-zam water has various health benefits for healing diseases such as cancer, food poisoning, burns, etc. Regarding how to use it, there is no specific or special way of using zam-zam water for treatment. Zam-zam water will be useful depending on its intention or purpose.

Keywords: *Efficacy, Health, Zam-zam water*

Introduction

Health is one of the most important things that everyone should have. A person is said to be prosperous if he is in good health. Having a healthy body is one of the important factors for health. If you have a healthy body, all activities can run smoothly, be useful, and enjoy life happily, and vice versa. If the body is not in a healthy condition, then daily activities will be hampered and cause stressful thoughts that impact the health of the body.



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

People who do not pay attention to their health are often vulnerable to diseases that originate from the irregular lifestyle of society.

The verses listed in the Qur'an have explained that to encourage someone to maintain their physical health and have a healthy mind. One thing that needs to be considered in maintaining health is food and drink. Islam is a complex religion because eating and drinking have been regulated in Islam, as stated in the Al-Quran and Hadith. An example of a verse in the Qur'an that regulates food is QS. Al-Baqarah verse 57

وَظَلَّلْنَا عَلَيْكُمُ الْعَمَامَ وَأَنْزَلْنَا عَلَيْكُمُ الْمَنَّاءَ وَالسَّلْوَىٰ كُلُوا مِنْ
طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَمَا ظَلَمُونَا وَلَكِنْ كَانُوا أَنْفُسَهُمْ يَظْلِمُونَ

Furthermore, We shade you with a cloud, and We send you manna and Salwa. Eat good (food) from the sustenance that We have given you. They do not wrong us, but they are the ones who wrong themselves. (al-baqarah / 2: 57) . The verse above explains the types of food that Allah SWT sent down. Food and drink are basic humans needs daily to meet the body's needs, affecting growth and producing energy. Energy is needed in work and worship. Therefore, food and drink are not only needed to meet physical needs but also spiritual needs. We should be grateful that God has provided various types of food on this earth. The need for food is very important for humans, so Allah has explained it in various verses in the Qur'an (Lajnah, 2013).

Apart from food, the Al-Quran has explained specifically about drinks that are recommended to consume it. It is stated in the following hadith:

حَدَّثَنَا هِشَامُ بْنُ عَمَّارٍ حَدَّثَنَا الْوَلِيدُ بْنُ مُسْلِمٍ قَالَ قَالَ عَبْدُ اللَّهِ
بْنُ الْمُؤَمَّلِ أَنَّهُ سَمِعَ أَبَا الزُّبَيْرِ يَقُولُ سَمِعْتُ جَابِرَ بْنَ عَبْدِ اللَّهِ
يَقُولُ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ مَاءٌ زَمَزَمَ
لِمَا شَرِبَ لَهُ



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

Has told us Hisham bin Ammar; have told us AlWalid bin Muslim said; Abdullah bin Mu'ammal said; that he heard AbuAz Zubair say; I heard Jabir bin Abdullah radiallahu' anhu, he said; I heard the Prophet Sallallahu alaihi wasallam say: 'Zamzam water (efficacious) according to the intention (purpose) is drunk (by the user).' (Narrated by (Ibn Majah: 3053)

Zam-zam water is holy water, so it can be said to be the best on earth. Zam-zam water contains various elements, namely positive and negative ions. The multi-element and hydrolyzed composition of Zam-zam water contains 34 elements such as magnesium (Mg), calcium (Ca), chloride (Cl) in the highest concentration, and sodium (Na). In zam-zam water, elements such as beryllium (Be), antimony (Sb), Brom (Br), bismuth (Bi), cobalt (Co), molybdenum (Mo) have also been detected which are less than 0 .01 ppm, iodine (I), manganese (Mn), chromium (Cr), and titanium (Ti) (Oktaviani & Fakhruddin, 2021).

Zam-zam water has a high calcium content, namely 300 - 340 mg/L, higher than ordinary mineral water, which is only 28 - 32 mg/L, and like other properties, the salt composition and taste are always stable. Zam-zam water is said to contain high levels of several minerals: calcium, magnesium, and fluoride (Shomar, 2012). So to be able to understand more deeply about zam-zam water and know its benefits for the health of the body, then through this paper, the author tries to discuss the benefits of zam-zam water.

Formulation of the problem

1. How is the existence of zam-zam water in the Koran and hadith?
2. What is the content of zam zam water for health?
3. What is the method of treatment with zam- zam water)?

Research Objectives

1. Students can find out the existence of zam-zam water in the Qur'an and Hadith
2. Students know the content of zam-zam water.
3. Students know the method of treatment with zam-zam water



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

Results and Discussion

Zam-zam water is a spring located in the Grand Mosque, Makkah, Saudi Arabia. The location of this well is on the east side of the Kaaba, which is 21 meters away. Based on measurements by Yahya Kusyak, this well has a depth of 14.8 meters and a diameter of 4 meters. Etymologically, Zamzam comes from the Arabic word "Zamzam" (زمزم), which means abundant or many. This is based on the words of the angel Gabriel when the zam-zam spring appears.

Islamic history says that the Prophet Ismail AS. was still young for the first time. At that time, Siti Hajar, the mother of Prophet Ismail AS., had difficulty finding water for his thirsty child while traveling in the arid region of Saudi Arabia. Siti Hajar jogged from Sofa hill to Marwa hill continuously until it was recorded that she ran seven times. Then, with Allah's permission, the feet of the Prophet Ismail, which hit the ground, brought up a spring called Zam-Zam water. This spring is always flowing and never dry.

Muslims worldwide believe that zam-zam water has many features and can be used as a medicine for various diseases. Some of the virtues and benefits of zam-zam water include: 1. Zam-zam water is the lifeblood of Makkah City; 2. It is one of the springs in heaven ; 3. Zam-zam water is the greatest favor and has real benefits in Baitul Haram; 4. It is the best water on earth; 5. The water used to purify the shade of the Prophet Muhammad SAW.; 6. Water that appears through the intermediary of the angel Gabriel; 7. The antidote to all diseases; 8. In zam-zam water, there is a fever reliever; 9. Can nourish the body and strengthen the body; 10. Zam-zam water is filling for hungry people (Mahmud & Arafah, 2020).

The benefits of zam-zam water are mentioned in several hadiths, including one narrated by ibn Majah number 3053, which reads:



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

حَدَّثَنَا هِشَامُ بْنُ عَمَّارٍ حَدَّثَنَا الْوَلِيدُ بْنُ مُسْلِمٍ قَالَ قَالَ عَبْدُ اللَّهِ بْنُ الْمُؤَمَّلِ
أَنَّهُ سَمِعَ أَبَا الزُّبَيْرِ يَقُولُ سَمِعْتُ جَابِرَ بْنَ عَبْدِ اللَّهِ يَقُولُ سَمِعْتُ رَسُولَ اللَّهِ
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ مَاءٌ زَمَزَمَ لِمَا شُرِبَ لَهُ

Meaning: Has told us Hisham bin Ammar; have told us Al Walid bin Muslim said; Abdullah bin Mu'ammal said; that he heard Abu Az Zubair say; I heard Jabir bin Abdullah radiallahu 'anhu, he said; I heard the Prophet sallallahu' alaihi wasallam saying: "Zam-zam water (efficacious) according to the intention (purpose) to drink (by the user)."

The hadith explains that it can be seen that Zam-zam water will be beneficial depending on the intention or purpose when using it. If someone drinks it intending to be given healing for the disease he is suffering from, Allah will give him healing. If someone drinks it intending to quench their thirst, then Allah SWT will quench his thirst. Moreover, Allah SWT will protect it if it is intended to get protection (Aini, Vera, and Truna, 2022). Therefore, many Muslims have used zam-zam water as a medicine for various diseases they experience.

It is also mentioned in Ahmad's Musnad number 7637 that Zam-zam water can relieve fever. The following is a hadith narrated by Ahmad :

حَدَّثَنَا عَفَّانُ حَدَّثَنَا هَمَّامٌ أَخْبَرَنَا أَبُو جَمْرَةَ قَالَ كُنْتُ أَدْفَعُ النَّاسَ
عَنْ ابْنِ عَبَّاسٍ فَأَحْتَبَسْتُ أَيَّامًا فَقَالَ مَا حَبَسَكَ قُلْتُ الْحُمَّى قَالَ
إِنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
قَالَ الْحُمَّى مِنْ فَيْحِ جَهَنَّمَ فَأَبْرِدُوهَا بِمَاءِ زَمَزَمَ

Meaning: 'Affan has told us Hammam has told us Abu Jamrah said, I protected Ibn Abbas from the people, then I was restrained for several days. So he asked, "What is holding you back?" I answer, "Fever." So he said. Indeed, the Prophet sallallahu' alaihi wasallam said: "Fever is the breath of Jahannam, so cool it with zam-zam water."



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

Based on the perspective of hadith and from a scientific perspective, many studies have been carried out on zam-zam water. One of them is research conducted by Dwi Putri Oktaviani et al. (2021), based on research results obtained by zam-zam water and water generally having different molecular shapes. The shape of the zam-zam water molecule is a perfect and sparkling hexagonal crystal, especially when reading verses of the Koran and praises to Allah and the Messenger of Allah. In addition, it is also stated that zam-zam water is free from microorganisms such as bacteria and free from toxins.

The research was also presented by a researcher from the Hado Institute in Tokyo named Masaru Emoto, who said that zam-zam water has a beautiful crystal shape and its molecules are perfect and orderly. In his research, Emoto dripped a few drops of zam-zam water, then recited bismillah and saw changes in the arrangement of the water particles. The results show that after experiencing the freezing process, the shape of the zam-zam water particles is different from the shape of other water particles, so it can be seen that the zam-zam water particles can change shape based on the spoken word (Oktaviani & Fakhruddin, 2021).

Zam-zam water has about 2,000 mg/L of useful chemical elements. Zam-zam water has two types of useful chemical elements, namely positive ions, and negative ions. The positive ions consist of sodium ions (about 250mg/L), calcium (about 200mg/L), potassium (about 120mg/L), and magnesium (about 50mg/L), while the negative ions consist of sulfate ions (about 372mg/L), bicarbonate (approx. 366mg/L), nitrates (approx. 273mg/L), phosphates (approx. 273mg/L), and ammonia (approx. 6mg/L). Compared to ordinary water, it is known that the content of chemical elements in Zam-zam water is high. So zam-zam water is known to have great benefits for health, which can cure various diseases such as burns, stiffness in joints, cancer, hemorrhoids, hypertension, systemic lupus erythematosus, high cholesterol levels, hemorrhoids, and so on. In addition, it is known that zam-zam water can remove toxins from the body more quickly, so it can be useful in dealing with poisoning (Mahmud & Arafah, 2020).

Zam-zam water has also been shown to reduce the clastogenic and cytotoxic effects of gamma irradiation in vivo. In addition, it has been reported that the antioxidant



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

properties of zam-zam water can help the treatment process in patients with type 2 diabetes mellitus. Zn, Pb, As, Ca, Li, Cd, and Li may inhibit the growth and proliferation of A549 cells (lung cancer cells). Treatment with zam-zam water can significantly suppress 5-FU (a chemotherapeutic agent)-induced activation and cleavage of caspase-8, caspase-9, and caspase- 3 in colorectal cancer cell lines (Siraj et al., 2019).

The main difference between zam-zam water and other natural water is its amount of calcium. Generally, ordinary natural water has a calcium content of around 28-32 mg/L. Meanwhile, zam-zam water has a high calcium content, around 300-340 mg/L. Because of its high calcium content, zam-zam water can benefit healthy teeth and bones and make the body fit. In addition, calcium also plays an important role in blood clotting. Zam-zam water is one of the catalysts in the work of enzymes, namely as a medium for triggering hormonal responses. Besides that, zam-zam water can also lower blood pressure (Fauzi & Ega Alfarizi, 2016).

Many have argued that the water content of zam-zam will not change even though it has been stored for a long time. Researchers have also proven that microbes do not grow in the water in the zam-zam well. Therefore it can be ascertained that zam-zam water is good for consumption and effective in helping many disease treatment processes.

Rasulullah SAW once took zam-zam water from Mecca, and then upon arrival in Medina, he sprinkled and drank the zam-zam water to treat someone sick. This is why many pilgrims bring Zamzam water to their homeland to be given to their families and relatives. Until now, there are many ways to use Zamzam water for treatment. Some use it by drinking it, dripping it into the eyes, rubbing it on the sore area, or using it as bath water.

There is no specific or special way of using zam-zam water for treatment. As stated in the hadith of Ibn Majah above, the efficacy of zam-zam water is following the intention or purpose of someone drinking it. Because zam-zam water is known to have many features and benefits, it is highly recommended that all Muslims apply adab in consuming zam-zam water. The advice given to Muslims is that every time they do



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

something, they should start by reciting the basmalah first. The same must be done before drinking or using zam-zam water.

If using zam-zam water by drinking, it is sunnah to use the right hand in a sitting position facing the Qiblah. Then do not drink Zam-zam water in one gulp, but do it with tanaffus or breathe three times outside the container and keep it away from your mouth. When drinking zam-zam water, it should be accompanied by an intention and reading a prayer to feel its benefits. The last is to say alhamdulillah. The following is a prayer for drinking zam-zam water:

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ وَسَقَامٍ بِرَحْمَتِكَ
يَا أَرْحَمَ الرَّاحِمِينَ

Meaning: "O Allah, I ask You for useful knowledge, extensive sustenance and healing from all diseases."

Conclusion

1. zam-zam water and manna (a type of honey) have a special existence because they have been mentioned many times in the Koran and hadith. Zam-zam water has a molecular shape in the form of a perfect and sparkling hexagonal crystal, especially when reciting verses from the Qur'an or praises to Allah and the Prophet. In addition, it is also stated that Zamzam water is very clean and free from microorganisms such as bacteria and toxins. It is also stated that the benefits of zam-zam water are obtained based on the intention and purpose of drinking it.
2. Zam-zam water has about 2,000 mg/L of useful chemical elements. The benefits of zam-zam water for health care are that it can cure various diseases such as burns, stiffness in joints, cancer, hemorrhoids, hypertension, systemic lupus erythematosus, high cholesterol levels, hemorrhoids, poisoning, and so on. Zam-zam water has also been shown to reduce clastogenic effects, cytotoxic, and has antioxidant properties that can help the treatment process in patients with type 2 diabetes mellitus.



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

3. Regarding how to use it, there is no specific or special way of using zam-zam water for treatment. As already mentioned, zam-zam water will be efficacious according to the intention or purpose of someone drinking it. When drinking zam-zam water, it should be accompanied by an intention and reading a prayer to feel its benefits. The last is to say alhamdulillah.

Bibliography

- Aini, FZ, Vera, S. and Truna, DS (2022). 'Zamzam Water as an Antidote to the Covid-19 Virus: Takhrij and Syarah Hadith Studies', Gunung Djati Conference Series, 8, pp. 73–92.
- Cahyaningrum, PL, (2019). ANTIOXIDANT ACTIVITIES OF LIVESTOCK HONEY AND LARCH HONEY AS NATURAL TREATMENTS. Widya Health E-Journal, Volume 1, Number 1.
- Fauzi, A. and Ega Alfarizi, M. (2016) 'Benefits of Zamzam Water for Prevention of Osteoporosis', Ahmad Fauzi| Benefits of Zamzam Water for Prevention of Osteoporosis Majority | , 5(2), p. 56.
- Husaini, BI (2019). Benefits of Apis Dorsata Honey for Health According to Interpretation and Medical Experts. 074.
- Indonesian Ministry of Religion's Lajnah Pentashihan Mushaf Al-Qur'an, "Food and Beverage in the Perspective of the Al-Qur'an and Interpretation (Scientific Interpretation), "(Jakarta: Lajnah Pentashihan Mushaf Al-Qur'an Indonesian Ministry of Religion, 2013)
- Mahmud, M. and Arafah, RN (2020). 'Zam-zam Water in the Perspective of Hadith and Science (Efforts to Reconcile Religion and Science),' Proceedings of the Conference on the Integration of Interconnection of Islam and Science, 2, pp. 219–223.
- Nurul Maghfirah, " 99 Amazing Phenomena in the Qur'an" , (Bandung: PT Mizan Pustaka, 2015), p. 178-179
- Oktaviani, DP, & Fakhruddin, A. (2021). The Benefits of Consuming Zam-Zam Water in the Perspective of Islam and Science. Transformative, 5 (1), 65–74. <https://doi.org/10.23971/tf.v5i1.2485>



3rd ANNUAL SYMPOSIUM ON HAJJ AND UMRAH MEDICINE (ANSHAR) 2022

- Shaden AM, et al. (2019). Truffles: From Islamic culture to chemistry, pharmacology, and food trends in recent times. *Trends in Food Science & Technology journal*. Vol. 91 pp. 193-218.
- Shomar, B. (2012). Zamzam water: Concentration of trace elements and other characteristics. *Chemosphere*, 86 (6), 600–605. <https://doi.org/10.1016/j.chemosphere.2011.10.025>
- Siraj, AK et al. (2019). 'Zamzam water protects cancer cells from chemotherapy-induced apoptosis via mitogen-activated protein kinase-dependent pathway,' *Biomedicine and Pharmacotherapy*, 118(May), pp. 0–6. Available at: <https://doi.org/10.1016/j.biopha.2019.109376>.
- Zaidi, M., Nurrohmah, N., & Kudriah. (2021). Honey in the Qur'an (Study of Interpretation of QS. an-Nahl: 68-69). *Al Muhafidz: Journal of Al-Qur'an Science and Interpretation*, 1(2), 121–135.