

Takhrij and Syarah Hadith of Chemistry: Probiotik Drink From The Juice of Dates

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Abstract

The purpose of this study is to discuss the hadith of Prophet Muhammad ﷺ about him and his family who were never absent consuming dates. This study method is qualitative through takhrij and sharah hadith approach with analysis of date fruit content material and probiotic benefits. The result of this discussion is, proving that the thing consumed by the Prophet Muhammad ﷺ always has benefits if studied and seen through science glasses. The conclusion of this study is a hadith about the Prophet Muhammad ﷺ and his family who always consume dates studied saheeh quality according to takhrij hadith. Although there are sanad narrators whose year of death or birth is not known, before and after narrators are still categorized as living in one era.

Keywords

Dates, Hadith, Probiotic Drink, Syarah, Takhrij.

Introduction

Along with the development of the times, humans are increasingly concerned with the quality of life and health. One way to maintain the quality of life and health can be done through the consumption of certain foods or drinks. These nutritious foods and beverages were discovered through a scientific study conducted by scientists. Examples of these nutritious foods and beverages are probiotics from date juice. Dates (*Phoenix dactylifera L.*) are an important agricultural commodity in North Africa, the Middle East, and Asian countries. Dates are known as foods rich in nutrients and staples from several years ago (Primurdia & Kusnadi, 2016). Besides, dates are also the most often called and consumed fruit by Rasulullah SAW in his life.

In Hadith Bukhari No. 5974 narrated:

عَنْ عُرْوَةَ عَنِ الْوَزَّانِ هَلَالٍ عَنْ كِدَامِ بْنِ مِسْعَرٍ عَنِ الْأَزْرَقِ هُوَ إِسْحَاقُ حَدَّثَنَا الرَّحْمَنُ عَبْدُ بَنِ إِبْرَاهِيمَ بَنِ إِسْحَاقَ حَدَّثَنِي
تَمْرٌ إِحْدَاهُمَا إِلَّا يَوْمَ فِي أَكْلَتَيْنِ وَسَلَّمْ عَلَيْهِ اللهُ صَلَّى مُحَمَّدٌ آلَ أَكَلْ مَا قَالَتْ عَنْهَا اللهُ رَضِيَ عَائِشَةَ

"Has told me Ishaq bin Ibrahim bin Abdurrahman has told us Ishaq namely Al-Azraq from Mis'ar bin Kidam from Hilal Al-Wazzan from 'Urwah from Aisha Radi Allahu 'anha he said; " Muhammad's family never ate up to twice a day but one of them by eating dates" (HR Bukhari No. 5974).

Based on the explanation above, the study formula is prepared, namely the problem formulation, study questions, and study objectives (Darmalaksana, 2020b). The formulation of the study problem is the hadith of the Prophet ﷺ regarding the consumption of dates as one of the foods that are always consumed by him and his family. The study question is how the hadith of the Prophet Muhammad about eating dates as his favorite fruit. The purpose of this study is to discuss the hadith of the Prophet Muhammad ﷺ regarding the consumption of dates which he and his family always do.

Research Method

This study method is qualitative through literature and field studies (Darmalaksana, 2020a) while the methods applied are takhrij and syarah hadith (Soetari, 2015).

In general, there are two stages of study on hadith, namely takhrij and syarah. Takhrij is the process of removing hadith from the book of hadith to be examined validity, while syarah is an explanation of the text of hadith with a certain analysis. Chemistry science discusses how chemical reactions are used to produce new material, through experiments and errors. Chemistry is a branch of Natural Sciences (IPA) which studies the composition, structure, properties, and changes of matter and energy that accompany it (Istijabatun, 2011).

Result and Discussion

At first, a search was carried out through the hadith application regarding the keyword "Consuming Dates" until the hadith was found in the book of Bukhari number 5974, as stated earlier.

Table 1. List of Rawi Sanad

No	Rawi Sanad	Born/Death		Country	Kunyah	Mufti Comment		Society
		B	D			-	+	
1	Aisyah binti Abi Bakar Ash Shiddiq		58 H	Madinah	Ummu 'Abdullah		Best Friend Of Nabi	Best Friend Of Nabi
2	Urwah bin Az Zubair bin Al 'Awwam bin Khuwailid bin Asad bin 'Abdul 'Izzi bin Qu		93 H	Madinah	Abu 'Abdullah		Tsiqah	Tabi'in middle society
3	Hilal bin Miqlash		-	Kufah	Abu Umar		-Tsiqah -la ba' sa bih - Tsiqah - Tsikah - Tsikah	Tabi'in middle society
4	Mis'ar bin Kidam bin Zhuhair		153 H	Kufah	Abu Salaman		- Tsikah - Tsikah - Tsikah -Tsiqaat -Tsikah Sahabat	Tabi'in (Didn't meet with any best friend of Nabi)
5	Ishaq bin Yusuf bin Mirdas		195 H	Hait	Abu Muhammad		- Tsiqah - Tsiqah -Shalihul hadits - Tsiqah	Tabi'ut Tabi'in
6	Ishaq bin Ibrahim bin 'Abdur Rahman bin Mani'		259 H	Baghdad	Abu Ya'kub		-tsiqah ma`mun - shaduuq tsiqah - Tsiqah	Tabi'ul Atba' old society
7	Imam Bukhari	194 H	256 H	Bukhara	Abu Abdullah		The Mufti of Hadith	Mudawin

Table 1 is a list of the hadith narrators and sanad under study. Rawi itself is a hadith narrator while sanad is a chain of narrators from best friends to mudawin, namely scholars who record hadiths in the hadith book (Soetari, 1994). According to the science of hadith, the

requirement for a valid hadith is that the rawi must be positive according to the comments of the scholars. If there is a commentary from a scholar who gives a negative assessment to one of the narrators in the sanad lane, then the hadith is a dhaif hadith (Darmalaksana, 2020c). A saheeh hadith is a strong hadith while a dhaif hadith is a weak hadith (Soetari, 1994). The condition of valid hadith must also be continued. If the hadith is severed, then it includes the hadith dhaif. The evidence is that there is a meeting between the teacher and the student. If there is no objective evidence, then the meeting between the teacher and the student can be seen from birth and death. If there is no birth and death data, then the average predicted age of scholars is about 70-90 years. The meeting of teachers and students can also be seen from the narrator's life journey. If the teacher and student are in the same place, it is predicted that the teacher and student will meet (Darmalaksana, 2020c).

The quality of this hadith is saheeh. Because, from the side of the narrators, there were no negative comments that would doubt this hadith. Although from the third sanad side, the year of birth or death is not known, the second and third sanad can still be categorized as living in the same era. The science of hadith has another parameter in reinforcing the hadith. Among other things, hadiths are called mutawatir in a very popular sense if the hadiths being studied are scattered in several hadith books (Soetari, 2015). The distribution of this hadith acts as syahid and mutabi. Syahid is another similar hadith while mutabi is another sanad (Darmalaksana, 2020c). Moreover, hadith as far as the virtue of Islamic practice can be proof even though the status is dhaif (Darmalaksana et al., 2017).

The mufti has given syarah, namely an explanation of the content and meaning of the hadith (Darmalaksana, 2020b). In the hadith above, it is stated that "Prophet Muhammad ﷺ and his family never ate up to two times a day but one of them was by eating dates." The point of the quote is that the Prophet Muhammad's family would eat dates at one of his meals. Or in other words, it can be said that the Prophet and his family always consumed dates every day.

Nowadays, there are several hadiths of the Prophet Muhammad ﷺ that have been scientifically proven, especially in the field of science and chemistry. Unlike most fruits that have a low energy content, dates have a high carbohydrate content. Although the sugar content is very high that reaches 70% which is 70 to 73 grams per 100 grams of dry weight (Satuhu, 2010). In the study, it was said that the sweetness caused by dates is a natural sweet containing sucrose, fructose, and natural glucose. Tannins contained in dates are anti-infectious, while magnesium is an anti-inflammatory agent (Praptiwi & Kinanti Arti, 2017).

The benefits of these dates can be felt through direct consumption or other methods. In Indonesia, dates are usually only consumed when entering the month of Ramadan. Even so, some people do not like this antioxidant-rich fruit, so it can be used as an innovative new product on the market (Primurdia & Kusnadi, 2016).

The high content of carbohydrates (sugars) caused the dates to be processed using fermentation processes (such as probiotic drinks). Several studies have shown that fruit juices and fruit juice drinks can be a good medium for probiotic growth. Probiotics are living microorganisms that can affect health by balancing the flora in the gut and preventing and selecting non-functional microorganisms (R, 1992).

Conclusion

Dates are the favorite fruit of the Prophet Muhammad ﷺ which has many benefits for both health and the body. In modern times such as now, how to consume dates not only directly consumed, but there are several other variations, one of which is probiotic drinks. Both from direct consumption and through other methods, the benefits of dates themselves will still be felt. This study is expected to have implications for the benefits of knowing how the Prophet Muhammad's eating habits. It is admitted that this study has limitations in terms of hadith and takhrij which cannot be studied further so that in the field of science it is necessary to carry

out further study. This study recommends the development of hadith science about food consumed by the Prophet Muhammad ﷺ and his family, especially dates and also the content of dates in science glasses, especially in the field of chemistry.

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CONFLICT OF INTEREST STATEMENT:

The author declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.