

HALAL HERBAL PREPARATIONS AND FOOD SUPPLEMENTS

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Abstract

Introduction: Dietary supplements based on plant extracts have seen rapid growth on the market in recent decades. Patients and other consumers are increasingly interested in herbal medicines and food supplements, where side effects are much less common than with chemical substances.

The aim of the work: The aim of the work is to describe the most important plant extracts used in treatment support the most common diseases and conditions such as: obesity, hypertension, diabetes, diseases of the circulatory system and hemorrhoids.

Results and discussion: Plant extracts are used in liquid, solid and powder forms, and can be part of various pharmaceutical dosage forms.

To reduce body weight; extracts of senna, buckthorn, gotu kola, seaweed, and Calotropis are most often used; in diabetes; blueberry, alfalfa, alpine cranberry, anemarrhena moringa, sage, cinnamon, cayenne and fenugreek; for hypertension; extract of garlic, cinnamon, licorice, godzija, stevia, wood sage; while extracts of pumpkin, African plum, nettle, saw palmetto, heather and others are most often used to help maintain normal prostate function.

Most of the listed plant components and extracts are well-recognized medicines in folk medicine. In the production of liquid extracts, processes containing alcohol, prohibited fats and other haram ingredients can be used, which calls into question the halal status. Similarly, the production of food supplements can contain haram excipients.

Conclusion: The increasing use of plants extract for various applications such as medicinal products and as food supplements by Muslims, necessitate the implementation of halal process in plants extract production and their excipients

Keywords: herbal extracts, halal, dietary supplements

1. Introduction

In today's fast-paced world, maintaining good health is paramount. Many individuals are seeking natural remedies to enhance their well-being, leading to the rise in popularity of herbal preparations and food supplements. For those adhering to halal dietary guidelines, it is crucial to ensure that these products meet the requirements of halal certification. This article explores the benefits of halal herbal preparations and food supplements in various health conditions while addressing the concept of haram excipients.

2. Halal Herbal Preparations and Food Supplements

2.1 Herbal Preparations and Food Supplements

Halal herbal preparations and food supplements are products made from natural ingredients that are free from harmful chemicals and additives. These products are manufactured in compliance with halal standards, which means that they are permissible according with Islamic regulations and do not contain prohibited ingredients. In order for the product to be halal, it is necessary that all the ingredients used are halal certified, as well as that the production process takes place in accordance with halal standards. When it comes to obtaining a halal extract, it depends on the type of extract and its ingredients. The usual way to obtain extracts is through the process of extracting plant or animal materials, such as plants, fruits, vegetables or animal parts. In order for the extract to be halal, halal certified sources must be used for those raw materials, making it acceptable for Islamic diet and consumption. Some of the common ingredients found in halal herbal preparations and food supplements include cinnamon bark extract, bitter melon fruit extract, fenugreek seed extract, garlic extract, and green tea extract. Plant extracts utilized in halal herbal preparations and food supplements are available in various forms, including liquids, solids, and powders. These extracts can be incorporated into different pharmaceutical dosage forms to enhance their efficacy and ease of administration. There are several benefits associated with the use of halal herbal preparations and food supplements. These products have been shown to be effective in treating various health conditions such as obesity, diabetes, high blood pressure, obesity, hemorrhoids, diseases of the circulatory system.

2.1.1 Body Weight Reduction

Obesity and excess weight are growing concerns worldwide. Halal herbal preparations and food supplements can aid in body weight reduction by boosting metabolism, suppressing appetite, and enhancing fat burning processes. These products often incorporate natural ingredients like extracts of senna, buckthorn, gotu kola, seaweed, Calotropis, green tea extract, Garcinia cambogia and bitter orange extract to support healthy weight management. Plant extracts such as green tea extract, have shown promise in supporting weight management efforts. Green tea extract has thermogenic properties that may aid in fat oxidation and metabolism. Bitter orange extract contains synephrine, which may enhance energy expenditure and promote weight loss.

2.1.2 Support in Diabetes Treatment

Halal herbal preparations and food supplements can play a beneficial role in diabetes treatment. Certain herbs and botanical extracts possess properties that help regulate blood sugar levels, improve insulin sensitivity, and manage diabetic symptoms. Popular ingredients include blueberry, alfalfa, alpine cranberry, anemarrhena moringa, sage, cinnamon, cayenne and fenugreek, known for their potential anti-diabetic properties. For example, Dia Active, a product from Obscale d.o.o., contains cinnamon bark extract, bitter melon fruit extract, and fenugreek seed extract, which have been shown to help regulate blood sugar levels in people with diabetes, which is making it an excellent choice for those with diabetes looking for a natural way to manage their blood sugar levels. Cinnamon extract may help improve insulin sensitivity and regulate blood glucose levels, fenugreek has shown promise in reducing postprandial glucose levels and improving insulin secretion and bitter melon improve the way that sugar is used in tissues and promote the secretion of insulin.

2.1.3 Herbal Medicine and Hypertension

High blood pressure, or hypertension, is a common health issue affecting many individuals. Halal herbal preparations and food supplements can provide natural support for managing hypertension. Certain herbs such as hawthorn berry, garlic, olive leaf extract, cinnamon, licorice, godzija, stevia, wood sage and celery seed extract have shown potential in helping to lower blood pressure levels and improve cardiovascular health. For example, Hyper Active, product from Obscale d.o.o., contains garlic extract, cinnamon bark extract, and rutin, which have been shown to help lower blood pressure and reduce cholesterol levels.

2.1.4 Maintain Normal Prostate Function

Men often encounter prostate-related problems as they age. Halal herbal preparations and food supplements can contribute to maintaining normal prostate function. Ingredients like saw palmetto, pumpkin seed extract, nettle root extract, and pygeum bark extract have been used traditionally to support prostate health and alleviate associated symptoms.

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2.1.5 Hemorrhoids Treatment

Hemorrhoids are a common condition causing discomfort and pain. Halal herbal preparations and food supplements can offer relief from hemorrhoids by reducing inflammation, promoting healthy blood circulation, and soothing affected areas. Natural ingredients such as witch hazel, horse chestnut extract, gotu kola extract, butcher's broom extract, and aloe vera are often incorporated into these products. For example, Natura Active, a product from Obscale d.o.o., contains horse chestnut extract and gotu kola extract, which have been shown to improve blood circulation and reduce inflammation. Horse chestnut extract may improve blood flow and reduce swelling associated with hemorrhoids.

2.1.6 Natural Potency Treatment

Halal herbal preparations and food supplements can also assist in addressing potency-related issues in men. Various natural ingredients, including horny goat weed, Tribulus terrestris, maca root, and ginseng, are believed to enhance sexual performance, boost libido, and support overall sexual health.

Potent Max, another product from Obscale d.o.o., contains ginseng root extract, African cherry bark extract, and vitamin E, which help to improve energy levels and promote overall health.

2.2 Haram Excipients

While halal herbal preparations and food supplements offer numerous health benefits, it is essential to consider the presence of haram (forbidden) excipients. Haram excipients refer to ingredients derived from non-halal sources, such as alcohol-based extracts or ingredients sourced from animals not slaughtered according to Islamic dietary laws. Most of food supplements contain things like Gelatin, made from animal bone, and which animal exactly is the main indicator of whether that ingredient is halal or haram. If one ingredient within a product is haram, then the whole product is haram. To ensure strict adherence to halal standards, it is crucial to choose products that are certified by reputable halal certification authorities.

3. CONCLUSION

Halal herbal preparations and food supplements present a natural and holistic approach to maintaining health and well-being. With their wide range of benefits, these products offer alternative solutions for body weight reduction, diabetes management, hypertension treatment, maintaining normal prostate function, hemorrhoids treatment, and natural potency treatment. By incorporating natural ingredients derived from plants, these products offer a halal-certified option for individuals seeking to improve their health without compromising their religious beliefs.

It is important to emphasize the significance of selecting halal-certified products to ensure compliance with Islamic dietary guidelines. Checking for reputable halal certification authorities and verifying the ingredients used in the herbal preparations and food supplements can provide assurance that the products meet halal requirements.

In conclusion, halal herbal preparations and food supplements offer a viable and halal-compliant alternative for individuals seeking natural health solutions. From weight management to diabetes treatment, hypertension management to prostate health, hemorrhoids treatment to potency enhancement, these products harness the power of natural ingredients to support overall well-being. By adhering to halal standards and choosing certified products, individuals can enhance their health while remaining faithful to their religious beliefs.

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