

Exploring the Benefits of Pumpkin: The Harmony Between Hadith and Science

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Abstract

This study examines the benefits of pumpkin from two primary perspectives: Hadith and science. From the Hadith perspective, it explores how the Prophet Muhammad (peace be upon him) liked and encouraged the consumption of pumpkin, along with the wisdom behind his preference. From the scientific perspective, the study investigates the nutritional content and health benefits of pumpkin, such as maintaining heart health, enhancing immune function, and supporting the function of other organs. This research employs a qualitative method with a literature study approach, utilizing data sources from Hadith collections such as Sahih al-Bukhari and Sahih Muslim, as well as various scientific studies on the composition and benefits of pumpkin. The findings indicate that the Prophet Muhammad (peace be upon him) frequently consumed pumpkin, and scholars like Imam An-Nawawi and Ibn al-Qayyim elaborated on its health benefits, including aiding digestion, providing a cooling effect, and strengthening the immune system. From the scientific standpoint, pumpkin is proven to be rich in beta-carotene, vitamins A and C, fiber, and antioxidants that benefit eye health, skin, brain function, and the immune system. The harmony between Hadith and science in this regard demonstrates that the foods favored by the Prophet Muhammad (peace be upon him) hold not only spiritual value but also tangible health benefits.

Keywords: *pumpkin, Hadith, science, benefits*



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Abstrak

Penelitian ini mengkaji manfaat labu dari dua perspektif utama, yaitu hadis dan sains. Dari perspektif hadis, penelitian ini membahas bagaimana Rasulullah saw menyukai dan menganjurkan konsumsi labu serta hikmah di balik kesukaannya. Dari perspektif sains, penelitian ini menelaah kandungan gizi dan manfaat labu bagi kesehatan, seperti menjaga kesehatan jantung, meningkatkan daya tahan tubuh, dan mendukung fungsi organ lainnya. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi literatur (*library research*), dengan sumber data dari kitab-kitab hadis seperti *Shahih Al-Bukhari* dan *Shahih Muslim*, serta berbagai penelitian ilmiah tentang kandungan dan manfaat labu. Hasil penelitian menunjukkan bahwa Rasulullah saw sering mengonsumsi labu, dan para ulama seperti Imam An-Nawawi serta Ibnul Qayyim menjelaskan manfaatnya bagi kesehatan, seperti membantu pencernaan, memberikan efek menyejukkan, dan memperkuat daya tahan tubuh. Dari perspektif sains, labu terbukti kaya akan beta-karoten, vitamin A, vitamin C, serat, serta antioksidan yang bermanfaat bagi kesehatan mata, kulit, otak, dan sistem kekebalan tubuh. Keselarasan antara hadis dan sains ini menunjukkan bahwa makanan yang disukai Rasulullah saw tidak hanya memiliki nilai spiritual, tetapi juga manfaat kesehatan yang nyata.

Kata Kunci: labu, hadis, sains, manfaat.

Introduction

The yellow pumpkin (*Cucurbita moschata*) is a type of plant rich in nutrients and possesses extensive health benefits.¹ In the culinary world, pumpkin is frequently used in various dishes, both as a main ingredient and as an additive. However, beyond its recognition in modern nutrition and health sciences, pumpkin also holds a special significance within the Islamic perspective. The Hadiths of Prophet Muhammad (peace be upon him) indicate that he greatly favored pumpkin and specifically chose it in the meals served to him.² One such Hadith narrated by Anas ibn Malik illustrates how the Prophet enjoyed pumpkin in his food, and from that time onward, Anas also developed a fondness for it. As the Prophet (peace be upon him) said:

حَدَّثَنَا عَبْدُ بْنُ مَسْلَمَةَ عَنْ مَالِكٍ عَنْ إِسْحَاقَ بْنِ عَبْدِ اللَّهِ بْنِ أَبِي طَلْحَةَ أَنَّهُ سَمِعَ أَنَسَ بْنَ مَالِكٍ أَنَّ خَيَّاطًا دَعَا النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِبَطْنِمْ صَنَعَهُ اللَّهُ فَذَهَبَتْ مَعَ النَّبِيِّ صَلَّى اللَّهُ

¹ Dkk. Septi Wulandari, *Sejarah Farmasi Dan Tanaman Obat Dalam Islam* (Bening Media Publishing, n.d.).

² Imam Al-Ghazali, *Kemuliaan Akhlak Nabi SAW* (Marja, 2024)

عَلَيْهِ وَسَلَّمَ فَقَرَّبَ خُبْزَ شَعِيرٍ وَمَرَقًا فِيهِ دُبَّاءٌ وَقَدِيدٌ رَأَيْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَتَّبِعُ
الدُّبَّاءَ مِنْ حَوَالِي الْقَصْعَةِ فَلَمْ أَزَلْ أُحِبُّ الدُّبَّاءَ بَعْدَ يَوْمَيْهِ

“Narrated by Abdullah ibn Salamah from Malik, from Ishaq ibn Abdullah ibn Abu Thalhah, who heard Anas ibn Malik recount: A tailor once invited the Prophet Muhammad (peace be upon him) to dine together at a feast he had prepared. I accompanied the Prophet to attend the invitation. The tailor served whole wheat bread along with a broth containing pumpkin and dried meat. I observed that the Prophet chose the pumpkin from the meal. Since that time, I too have grown very fond of pumpkin.”

In Islam, food is not merely regarded as a source of energy but also as an integral part of teachings that hold spiritual significance. The concept of *halalan thayyiban* emphasizes that the food consumed by a Muslim must be both lawful (*halal*) and wholesome (*thayyib*) for health. Pumpkin, as exemplified in the Hadith, is considered *thayyib* food due to its various nutrients that support bodily health.³ Therefore, examining the benefits of pumpkin from both the Hadith and scientific perspectives is an intriguing endeavor, particularly in understanding how Islamic teachings harmonize with modern scientific knowledge.

The urgency of this issue is highly relevant, especially in the modern era where society is increasingly aware of the importance of healthy dietary habits. The prevalence of unhealthy lifestyles dominated by processed foods has intensified the search for natural dietary patterns. Therefore, revisiting foods exemplified by the Prophet Muhammad (peace be upon him), such as pumpkin, becomes essential as a means of implementing Sunnah with tangible health benefits.

From a scientific perspective, pumpkin contains various essential nutrients, such as beta-carotene, vitamins A and C, fiber, and antioxidants. Beta-carotene in pumpkin plays a role in maintaining eye health and enhancing the immune system.⁴ Additionally, the fiber content aids in smooth digestion and helps regulate blood sugar levels. Scientific studies have also demonstrated that pumpkin consumption may reduce the risk of chronic diseases, such as diabetes, heart disease, and digestive disorders.⁵ With its rich nutritional profile, pumpkin is not only a food favored by the Prophet Muhammad (peace be upon him) but also proven to possess health benefits that support overall bodily well-being.

³ Maftuhah, “Makanan Halal Dalam Perspektif Al-Qur’an, Sains Dan Kesehatan,” *Jurnal Bimas Islam* 7, no. 2 (2014): 370.

⁴ Dadi Makmur, “Budidaya Labu Madu,” n.d.

⁵ Rahayu Astuti, “Analisis Komposisi Zat Gizi Dan Antioksidan Beberapa Varietas Labu Kuning (Cucurbita Moschata Durh),” *Jurnal Teknologi Industri Pertanian* 16, no. 4 (2022): 544–52, <https://doi.org/10.21107/agrointek.v16i4.12336>.

Several previous studies have explored Sunnah foods in general, such as dates, honey, and black seed (*habbatussauda*), which have been scientifically proven to offer health benefits. However, specific research that integrates the Hadith of the Prophet Muhammad regarding pumpkin with scientific studies on its benefits remains limited and has not been extensively explored. This gap highlights the strength and contribution of the present study, which offers an integrative perspective between Hadith and science in the context of a particular food—namely, pumpkin.

Studies on foods favored by the Prophet Muhammad (peace be upon him) often attract significant attention, particularly because many of these foods have scientifically verifiable health benefits. If the Prophet chose and preferred certain foods, it is likely that there is wisdom embedded within these choices. Therefore, examining the benefits of pumpkin from both the Hadith and scientific perspectives can provide deeper insights into the relationship between Islamic teachings and modern scientific knowledge. This also demonstrates that many of the Prophet's Sunnah practices ultimately prove to be beneficial for human health.

This phenomenon is worth further investigation as it demonstrates the harmony between religious teachings and science. Scientific research continues to advance, providing increasing evidence that the foods consumed by the Prophet Muhammad (peace be upon him) possess remarkable health benefits. Unveiling the relationship between Hadith and scientific knowledge not only enriches Islamic understanding but also offers a scientific foundation for Muslims to adopt the healthy dietary patterns exemplified by the Prophet.

This study aims to examine the benefits of pumpkin from both Hadith and scientific perspectives. The primary focus of this research is to review Hadiths related to the consumption of pumpkin by the Prophet Muhammad (peace be upon him) and to analyze its health benefits based on scientific studies. Through this approach, the study is expected to provide a broader understanding of the role of food in Islam and how the Sunnah of the Prophet can be applied in daily life to improve health.

The method employed in this study includes literature analysis from various sources of Hadith, scientific books, and scholarly journals discussing the benefits of pumpkin. This approach aims to delve deeper into the nutritional value of pumpkin as well as its relevance to the dietary habits of the Prophet Muhammad (peace be upon him). By combining religious and scientific perspectives, this study seeks to provide a more comprehensive understanding of the health benefits of pumpkin for humans.

This study is expected to contribute to the development of Islamic studies as well as health-related aspects. Beyond serving as an academic reference, it can also act as a guideline for the community in adopting healthier dietary habits based on the Sunnah of the Prophet Muhammad (peace be upon him). In a modern era characterized

by unhealthy eating patterns and excessive consumption of processed foods, returning to the dietary practices exemplified by the Prophet can offer a natural solution to maintaining bodily health.

Thus, examining the benefits of pumpkin from both Hadith and scientific perspectives not only provides theological insights but also demonstrates that Islam's teachings align with modern health principles. This study is anticipated to open new perspectives for Muslims in understanding that the Sunnah of the Prophet is not solely spiritually oriented but also brings tangible benefits in daily life, including maintaining health through proper nutrition.

The focus of this study is to examine the benefits of pumpkin from two primary perspectives: Hadith and science. From the Hadith perspective, this research reveals how the Prophet Muhammad (peace be upon him) regarded and encouraged the consumption of pumpkin, as well as the wisdom behind his fondness for this food. The collected data, such as Hadiths and *sharh*, are analyzed using a qualitative approach based on scientific literature review, aiming to provide an in-depth explanation of the Hadith content. The initial step involves analyzing the content and context of the Hadith, followed by the researcher presenting the benefits contained therein through Hadith interpretations in *sharh* literature. Finally, the researcher examines the wisdom embedded within these texts based on the interpretations of classical Islamic scholars. Meanwhile, from the scientific perspective, this study investigates the health benefits of pumpkin, such as maintaining heart health, enhancing immune function, and supporting other organ functions, drawing on scientific journals and books that discuss pumpkin's nutritional advantages.

This study aims to provide an in-depth explanation of the benefits of pumpkin based on Hadith sources and scientific research related to health. Subsequently, the researcher examines recent scientific findings concerning the nutritional content of pumpkin, such as beta-carotene, vitamins A, C, and E, fiber, and antioxidants, as well as their benefits for the body, including digestive health, immunity enhancement, and disease prevention.

Data were collected from both primary and secondary sources. The primary sources include the Hadith collections of Sahih al-Bukhari and Sahih Muslim, which contain narrations related to pumpkin and are complemented by the Qur'an as guidance on beneficial foods. The secondary sources consist of recent scientific studies on the health benefits of pumpkin, such as enhancing immune function and maintaining heart health. Additionally, explanations from Islamic scholars like Imam An-Nawawi and Ibn al-Qayyim, who discuss Hadiths related to pumpkin, were incorporated. By integrating these sources comprehensively, this study aims to provide a clear understanding of the

benefits of pumpkin from the Islamic perspective through Hadith and contemporary scientific research.

Pumpkin: Its Benefits from the Hadith Perspective

Pumpkin is one of the foods that receive special attention in Islamic teachings, particularly through the example set by the Prophet Muhammad (peace be upon him).⁶ Pumpkin contains numerous health benefits, and the Prophet's fondness for this food reflects Islam's concern for health as well as its encouragement of simplicity in consumption⁷. In his daily life, the Prophet demonstrated gentleness and respect toward food, including in his choice and enjoyment of the meals served.⁸ His attitude provides valuable lessons regarding proper etiquette in appreciating Allah's provisions and the importance of maintaining social bonds through food. A concrete example of the Prophet's attention to pumpkin can be found in a Hadith narrated by Anas ibn Malik, recorded in Sahih al-Bukhari, No. 5016.

حَدَّثَنَا عَبْدُ بْنُ مَسْلَمَةَ عَنْ مَالِكٍ عَنْ إِسْحَاقَ بْنِ عَبْدِ اللَّهِ بْنِ أَبِي طَلْحَةَ أَنَّهُ سَمِعَ أَنَسَ بْنَ مَالِكٍ أَنَّ خَيْطًا دَعَا النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِبَطْنِ طَلْحَةَ فَذَهَبَتْ مَعَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَرَّبَ خُبْزَ شَعِيرٍ وَمَرَقًا فِيهِ دُبَّاءٌ وَقَدِيدٌ رَأَيْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَتَبَّعُ الدُّبَّاءَ مِنْ حَوَالِي الْقَصْعَةِ فَلَمْ أَزَلْ أَحِبُّ الدُّبَّاءَ بَعْدَ يَوْمِئِذٍ

Narrated by Abdullah ibn Salamah from Malik, from Ishaq ibn Abdullah ibn Abu Thalhah, who once heard Anas ibn Malik recount: A tailor invited the Prophet Muhammad (peace be upon him) to dine together at a feast he had prepared. I accompanied the Prophet to attend the invitation. The tailor served whole wheat bread along with a broth containing pumpkin and dried meat. I observed that the Prophet chose the pumpkin from the meal. Since that time, I too have grown very fond of pumpkin.

The supporting Hadith is also recorded in Sahih Muslim, No. 3084.

حَدَّثَنَا مُحَمَّدُ بْنُ الْعَلَاءِ أَبُو كُرَيْبٍ حَدَّثَنَا أَبُو أُسَامَةَ عَنْ سُلَيْمَانَ بْنِ الْمُغِيرَةِ عَنْ ثَابِتٍ عَنْ أَنَسٍ قَالَ دَعَا رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ رَجُلًا فَأَنْطَلَقْتُ مَعَهُ فَجِئْتُ بِمَرَقَةٍ فِيهَا دُبَّاءٌ فَجَعَلَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَأْكُلُ مِنْ ذَلِكَ الدُّبَّاءِ وَيُعْجِبُهُ قَالَ فَلَمَّا رَأَيْتُ ذَلِكَ جَعَلْتُ

⁶ S A Mansur, D D Hermayanti, and ..., "The Use of Zamzam Water and Pumpkin Fruit in Science and Islamic Perspective," ... on Hajj and ..., 2022, 149–59.

⁷ Indah Hanoco, 35 Fakta Sains Yang Diajarkan Nabi Muhammad SAW (Gramedia Pustaka Utama, 2017).

⁸ Abdul Wahab Abdussalam Thawilah, Fikih Kuliner (Pustaka Al-Kautsar, n.d.).

أَقْبَاهُ إِلَيْهِ وَلَا أَطْعَمُهُ قَالَ فَقَالَ أَنَسٌ فَمَا زِلْتُ بَعْدُ يُعْجِبُنِي الدُّبَاءُ وَ حَدَّثَنِي حَجَّاجُ بْنُ الشَّاعِرِ وَعَبْدُ بْنُ حُمَيْدٍ جَمِيعًا عَنْ عَبْدِ الرَّزَّاقِ أَخْبَرَنَا مَعْمَرٌ عَنْ ثَابِتِ بْنِ أَبِي أَنَسٍ وَ عَصِمِ الْأَحْوَلِ عَنْ أَنَسِ بْنِ مَالِكٍ أَنَّ رَجُلًا خِيَّاطًا دَعَا رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَزَادَ قَالَ ثَابِتٌ فَسَمِعْتُ أَنَسًا يَقُولُ فَمَا صَنَعَ لِي طَعَامٌ بَعْدَ أَقْدِرَ عَلَيَّ أَنْ يُصْنَعَ فِيهِ دُبَاءٌ إِلَّا صَنِعَ

It has been narrated to us by Muhammad ibn Al-'Ala' Abu Kuraib, who reported from Abu Usamah from Sulaiman ibn Al-Mughirah from Thabit from Anas, who said: "Someone invited the Prophet Muhammad (peace be upon him), and I accompanied him. Then a broth containing pumpkin was served to the Prophet. The Prophet ate the pumpkin broth and liked it. Anas said, 'When I saw that, I did not eat it but gave it to the Prophet.' Anas added, 'Since then, I have always liked pumpkin.'" It was also narrated to me by Hajjaj ibn As Syaa'ir and Abad ibn Humaid — both from Abdurrazzaq — who reported from Ma'mar from Thabit Al-Bunani and 'Ashim Al-Ahwal from Anas ibn Malik that a tailor invited the Prophet Muhammad (peace be upon him) to eat.

Pumpkin holds a special virtue in Islamic teachings, as explained by classical scholars. Imam An-Nawawi stated that the Hadith regarding the Prophet Muhammad's (peace be upon him) fondness for pumpkin indicates an encouragement to appreciate foods favored by him.⁹ This becomes part of the Sunnah that Muslims should observe. Beyond reflecting the Prophet's love for simple and beneficial foods, pumpkin also possesses various health benefits recognized within traditional Islamic medicine.

According to Ibn al-Qayyim, pumpkin has cooling and moistening properties, providing a light nutrition that is easily digested by the body. Its soft and watery texture makes it suitable for consumption, especially for those experiencing internal heat or dehydration. Pumpkin juice can quench thirst and help alleviate dizziness caused by heat when consumed or applied as a compress to the head.

Pumpkin offers numerous health benefits. When mixed with flour, then baked until its juices are released and consumed alongside other beverages, it can help reduce body heat, alleviate thirst, and provide beneficial nutrition. When consumed with quince in the form of a jam, pumpkin may aid in promoting smooth digestion. Additionally, drinking its boiled water combined with honey or mixed with natron fruit can help loosen phlegm and cleanse the respiratory tract. Through these various applications, pumpkin serves as a natural remedy for maintaining overall health.

Furthermore, pumpkin can aid digestion depending on the method of consumption. However, due to its cooling properties, pumpkin is less suitable for

⁹ Al-Nawawi., "Shahih Muslim Bi Syarh Al-Imam Al-Nawawi Jilid 9," *Beirut: Daar Al-Fikr.*, 1980, 159.

individuals who are prone to coldness or have an excess of phlegm. Therefore, the intake of pumpkin should be adjusted according to one's bodily condition to ensure optimal benefits.¹⁰

Furthermore, the Hadith regarding pumpkin also reflects social values and togetherness in Islam. This narration occurs in the context of the Prophet Muhammad (peace be upon him) attending a meal invitation from a tailor, highlighting the importance of maintaining social ties and sincerely accepting invitations. The Prophet's habit of honoring the food served offers valuable lessons on showing kindness and appreciating the efforts of others. Therefore, from the Hadith perspective, pumpkin is more than merely food; it symbolizes simplicity, blessing, and noble character, serving as a model for daily life conduct.¹¹

In addition to symbolizing simplicity and blessing, pumpkin also serves as a tangible example of benefits for human health and life. The Prophet Muhammad's (peace be upon him) fondness for pumpkin reflects Islam's concern for food that is not only *halal* but also beneficial and wholesome. This aligns with Allah's statement in the Qur'an:

وَأَنْبَتْنَا عَلَيْهِ شَجَرَةً مِّنْ يَقْطِينٍ ﴿١٤٦﴾

146. and We caused a gourd plant to grow for him.

This verse refers to the story of Prophet Yunus (peace be upon him), who, after emerging weak from the belly of the fish, was granted a gourd plant by Allah as a form of protection and healing.¹² This explanation demonstrates that pumpkin possesses health-promoting properties, helps restore a weakened body, and provides natural protection. As a food favored by the Prophet Muhammad (peace be upon him), pumpkin serves as an example that good food does not need to be luxurious but should be beneficial and supportive of health. Moreover, this verse teaches that everything created by Allah, including plants such as pumpkin, has a purpose and benefit for human life. By consuming healthy and blessed foods, a Muslim can maintain physical and spiritual balance while expressing gratitude for the blessings bestowed by Allah.

¹⁰ Ibnu Qayyim Al-Jauziah, "Zadul Ma'ad: Bekal Perjalanan Akhirat Jilid 1," *Tahqiq: Abdul Qadir Al-Arna'uth, Syu'aib Al-Arna'uth*, 2016, 203.

¹¹ Ratih Kumalasari et al., "Kesempurnaan Akhlak Dan Pribadi Nabi Muhammad Rasulullah Sallallahu'alaihi Wasallam," *Jurnal Budi Pekerti Agama Islam* 2, no. 2 (2024): 253–65, <https://doi.org/10.61132/jbpai.v2i2.259>.

¹² Rim Glory Phasah Saragih, "Yunus, Labu, Dan Kisah Pelariannya!: Melihat Yunus Dalam Alkitab Dan Surah Yunus Dalam Al-Qur'an (Kitab Yunus, QS Yunus: 1-109, QS As-Saffat: 139-148, QS Al-Anbiyaa': 87-88)," *Aradha: Journal of Divinity, Peace and Conflict Studies* 1, no. 3 (2021): 295, <https://doi.org/10.21460/aradha.2021.13.733>.

Pumpkin: Its Benefits from a Scientific Perspective

Pumpkin, besides being a delicious and versatile food ingredient, also offers numerous health benefits. This fruit, commonly recognized by its orange color, contains various essential nutrients such as beta-carotene, vitamin C, fiber, and potassium.¹³ Beta-carotene is a natural pigment responsible for the orange color of pumpkin and is converted into vitamin A within the body. Vitamin A plays a crucial role in maintaining eye health, improving vision, and preventing disorders such as night blindness. Additionally, pumpkin is rich in antioxidants, including vitamins C and E.¹⁴ Antioxidants function to protect body cells from damage caused by free radicals, which can lead to premature aging and various chronic diseases such as heart disease and cancer. Pumpkin also contains a high amount of fiber, which aids digestion, prevents constipation, and promotes prolonged satiety. Due to its low-calorie content, pumpkin is an excellent healthy food choice for individuals seeking to maintain or reduce body weight without experiencing excessive hunger.

In addition to its beta-carotene and antioxidant content, pumpkin also contains various other nutrients beneficial to the body. It is a source of vitamin K, B-complex vitamins (including B6 and folate), as well as essential minerals such as potassium and magnesium. Potassium plays a vital role in maintaining fluid balance, regulating blood pressure, and supporting heart health. Regular consumption of pumpkin can strengthen the immune system, help combat infections, and reduce inflammation.¹⁵ Pumpkin also provides significant benefits for skin health. Its beta-carotene content helps protect the skin from damage caused by ultraviolet (UV) radiation, maintains skin moisture, and promotes a healthier, more radiant complexion. Furthermore, pumpkin contains lutein and zeaxanthin, two nutrients highly beneficial for eye health. These compounds protect the eyes from UV exposure, reduce the risk of visual impairments, and help preserve visual acuity with advancing age.

Given the numerous benefits it offers, it is unsurprising that pumpkin has become a widely consumed food ingredient across various regions of the world and is often selected as part of a healthy daily diet. Beyond its general health benefits, pumpkin also holds significant potential in modern medicine. Scientific studies have shown that pumpkin seed extracts contain natural compounds with anti-inflammatory

¹³ Ma'rifatul Khoiriyah Ayda, Muthmainah Muthmainah, and Ratih Puspita Febrinasari, "Effectiveness of Pumpkin Extract (*Cucurbita Moschata*) Lowering Blood Glucose and Malondialdehyde Levels in Diabetic Model Rats," *Jurnal Aisyah : Jurnal Ilmu Kesehatan* 7, no. 4 (2022): 1321–30, <https://doi.org/10.30604/jika.v7i4.1401>.

¹⁴ Tresno Saras, *Labu: Budidaya Varietas, Manfaat, Kesehatan, Dan Kuliner Yang Lezat* (Tiram Media, 2023).

¹⁵ Novida Ariani, *5 Herbal Bermanfaat Bagi Kesehatan Kandungan Perempuan* (PT. Sonpedia Publishing Indonesia, n.d.).

and antioxidant properties. These properties help alleviate inflammation within the body and protect cells from damage.

Pumpkin seeds are also known to support prostate health in men and aid in reducing urinary tract disorders. Additionally, the oil derived from pumpkin seeds is believed to help lower blood pressure and promote cardiovascular health. Some research even suggests that pumpkin can improve sleep quality due to its content of tryptophan, an amino acid that assists the body in producing melatonin, a hormone involved in regulating sleep patterns. With ongoing scientific investigations, pumpkin is increasingly recognized not only as a nutritious food but also as a natural agent with potential to support health and prevent various diseases.¹⁶

Research Findings on the Benefits of Pumpkin from the Perspectives of Hadith and Science

There is a study titled “Nutritional Content, Processing Applications, and Health Benefits of Pumpkin: A Review”.¹⁷ This research explains that pumpkin contains high nutritional values, particularly β -carotene, α -carotene, potassium, and phosphorus. Pumpkin also exhibits antioxidant, antibacterial, and neuroprotective properties and can be processed into various food products such as puree, bread, and yogurt. This study aligns with the hadith which mentions that the Prophet Muhammad (peace be upon him) liked pumpkin and frequently consumed it in his meals. One such hadith narrated by Anas ibn Malik states:

“I saw the Prophet (peace be upon him) taking pieces of pumpkin from the dish. Since then, I have always loved pumpkin.” (Reported by Bukhari and Muslim)

This hadith indicates that pumpkin is a recommended food consumed by the Prophet Muhammad (peace be upon him). From a scientific perspective, the rich nutritional content of pumpkin—particularly its antioxidants and fiber—supports the health benefits that have been validated through research. Thus, this study strengthens the connection between the Prophet’s encouragement to consume pumpkin and its proven health advantages according to modern science.

Previous studies have explored the nutritional content and health benefits of pumpkin. However, research that specifically connects the benefits of pumpkin from both hadith and scientific perspectives remains scarce. Therefore, this study aims to conduct a more in-depth examination of how the benefits of pumpkin mentioned in the Prophet Muhammad’s hadith can be substantiated through a scientific approach.

¹⁶ Dkk. Arni Kusuma Dewi, *Manfaat Klabet Dan Labu Kuning Bagi Kesehatan Pembuluh Darah Dan Organ Reproduksi* (Uwasi Inspirasi Indonesia, 2025).

¹⁷ Nutritional Properties, “Kandungan Gizi , Aplikasi Pengolahan Dan Manfaat Kesehatan Labu Kuning : Sebuah Telaah” 18, No. 1 (2024): 41–52.

There is also a study titled “Enhancing Community Competence Through Innovative Utilization of Pumpkin as Creative and Healthy Food” which investigates how the community utilizes yellow pumpkin as a nutritious base ingredient that can be processed creatively. This research demonstrates that yellow pumpkin has great potential to be developed into healthy foods with high nutritional value and can provide economic benefits to the local community¹⁸. The program aims to increase public awareness of the nutritional content of yellow pumpkin while teaching appropriate processing techniques to produce food products that are healthy, appealing, and marketable. This study is related to the hadith narrated by Anas ibn Malik:

“A tailor invited the Prophet (peace be upon him) to attend a meal he prepared. I accompanied the Prophet to the invitation. The tailor served wheat bread and a stew containing pumpkin and dried meat. I saw the Prophet carefully selecting the pieces of pumpkin from the dish, and since that day, I have greatly liked pumpkin.” (Hadith narrated by Bukhari and Muslim)

This hadith illustrates the Prophet Muhammad’s (peace be upon him) preference for pumpkin and his deliberate choice of it among the foods served. From a research perspective, this provides a foundational basis that pumpkin is not merely a food item but holds recognized health benefits dating back to the time of the Prophet. The fact that the Prophet favored pumpkin in his diet can be correlated with modern scientific studies that demonstrate its rich nutritional content and various health advantages.

This study is relevant to the examination of pumpkin’s benefits from both hadith and scientific perspectives, as it highlights how pumpkin can be processed into healthy foods that benefit the community. However, this research primarily focuses on community empowerment, whereas the current study aims to delve deeper into the connection between the Prophet Muhammad’s (peace be upon him) recommendation regarding pumpkin and the scientific evidence supporting its health benefits.

The Harmony Between Hadith and Science in Assessing the Benefits of Pumpkin

From the perspective of hadith, pumpkin is one of the foods favored by the Prophet Muhammad (peace be upon him). In a hadith narrated by Bukhari, it is mentioned that the Prophet once visited the house of one of his servants who was skilled in sewing. The servant served pumpkin, and the Prophet ate it. A companion who witnessed this event stated that since then, he too came to like pumpkin. This hadith demonstrates that the Prophet not only consumed pumpkin but also had a particular fondness for it. Imam An-Nawawi, in his commentary *Syarh Shahih Muslim*, explains

¹⁸ Siswanto Pabidang et al., “Peningkatan Kompetensi Masyarakat Melalui Inovasi Pemanfaatan Labu Kuning Menjadi Makanan Kreatif Dan Sehat,” *J.Abdimas: Community Health* 1, no. 1 (2021): 11–17, <https://doi.org/10.30590/jach.v1i1.230>.

that this hadith contains a recommendation to like the foods favored by the Prophet (peace be upon him) and highlights its virtues. Thus, pumpkin becomes a food that receives special attention in Islam—not only due to the Prophet's preference but also because of its benefits to human health.

According to Ibn al-Qayyim in *Zadul Ma'ad*, pumpkin possesses cooling and moisturizing properties. Its high water content helps maintain body hydration and provides a refreshing sensation. This characteristic is particularly suitable for the hot climate of the Arabian Peninsula, where the Prophet Muhammad (peace be upon him) chose foods that help balance the body's internal temperature. Ibn al-Qayyim also explains that pumpkin has a soft texture and is easily digestible, making it especially beneficial for individuals with digestive issues. Pumpkin aids in cleansing the digestive system without burdening the stomach and intestines, thus making it an ideal food for those who require a light yet nutritious diet.

Furthermore, pumpkin is also known to relieve thirst and provide a cooling effect on the body. Ibn al-Qayyim mentioned that the water content in pumpkin is highly beneficial for those experiencing internal heat or fever. In Islamic medicine, pumpkin can even be used by drinking its juice or applying it to the head to help reduce body temperature. This benefit aligns well with the Sunnah of the Prophet Muhammad (peace be upon him), who chose foods with broad health effects that do not harm the body.

In the context of cardiovascular health, Ibn al-Qayyim also highlighted the benefits of pumpkin in maintaining the body's fluid balance. The nutritional components found in pumpkin may help stabilize blood pressure and support heart function. The Prophet Muhammad (peace be upon him) was known to consistently choose foods that not only provided energy but also promoted overall physical well-being. Therefore, pumpkin is considered one of the foods that offer long-term benefits for human health and wellness.

The virtues of pumpkin extend beyond its cardiovascular benefits. In *Zadul Ma'ad*, Ibn al-Qayyim explains that pumpkin is highly beneficial for eye health. Regular consumption of pumpkin can help maintain visual acuity and protect the eyes from age-related deterioration. This is one of the reasons why the Prophet Muhammad (peace be upon him) favored pumpkin, as it supports overall well-being and offers numerous health advantages. Moreover, pumpkin possesses anti-inflammatory properties that may help reduce inflammation in the body. Ibn al-Qayyim noted that the foods consumed by the Prophet were generally characterized by their natural healing qualities. Pumpkin, in particular, is believed to aid in the recovery process from various illnesses. Its soothing nature also makes it a valuable food for addressing various health conditions without causing harmful side effects.

From a dermatological perspective, Ibn al-Qayyim also noted that pumpkin offers benefits for skin health, particularly in moisturizing the skin and protecting it from dryness caused by hot weather. Its high water content and rich nutrients help maintain skin elasticity, keeping the skin healthy and well-hydrated. This illustrates that the foods chosen by the Prophet Muhammad (peace be upon him) were not only beneficial for internal organs but also for overall skin health.

Additionally, pumpkin is known to have a calming effect on the mind and may help reduce stress. Ibn al-Qayyim explained that foods with cooling properties, such as pumpkin, can support mental and emotional balance. This aligns with the Sunnah of the Prophet, who consistently encouraged the consumption of foods that are not only nutritious but also contribute to inner tranquility.

Another notable virtue of pumpkin, as described by Ibn al-Qayyim, is its role in enhancing the body's immune system. Its high antioxidant content helps protect the body against various infections and naturally strengthens immune function. The Prophet Muhammad (peace be upon him) consistently chose foods that offered protective benefits to the body, enabling him to maintain his health and strength in fulfilling his mission of delivering the message of Islam.

In addition, pumpkin is highly beneficial for stomach health and can help alleviate digestive disorders such as gastritis or acid reflux. Ibn al-Qayyim noted that pumpkin possesses soothing properties for the stomach and helps coat the stomach lining, reducing the risk of irritation. Another advantage of pumpkin is its potential to enhance brain function and memory. Therefore, regular consumption of pumpkin may offer significant benefits for cognitive health and memory retention. The distinction of pumpkin lies not only in its health benefits but also in its status as a food favored by the Prophet Muhammad (peace be upon him). Ibn al-Qayyim emphasized that everything chosen by the Prophet carries profound wisdom and offers great benefit to humankind.

The hadiths that mention pumpkin, along with the explanations provided by scholars such as Imam al-Nawawī and Ibn al-Qayyim, indicate that pumpkin holds a special status in Islam. The Prophet Muhammad (peace be upon him) not only expressed his fondness for it but also incorporated it into his healthy and balanced diet. Given the various benefits discussed, pumpkin is a food that deserves consideration in daily dietary practices—both as a means of maintaining good health and as an effort to follow the Sunnah of the Prophet.

From a scientific perspective, pumpkin is a highly nutritious food with numerous health benefits, as supported by scientific research. Its beta-carotene content acts as a powerful antioxidant, protecting body cells from damage caused by free radicals and supporting eye health. The orange color of pumpkin indicates its rich beta-carotene levels, which are converted into vitamin A in the body. This vitamin is

essential for maintaining visual acuity, preventing macular degeneration, and reducing the risk of cataracts. In addition, pumpkin is rich in vitamin C, which contributes to strengthening the immune system, accelerating wound healing, and protecting the body against viral and bacterial infections.

Beyond its vitamins and antioxidants, pumpkin is also a good source of dietary fiber, which plays a crucial role in supporting the digestive system. Fiber aids in digestion, prevents constipation, and helps maintain a healthy gut microbiota. Moreover, the fiber in pumpkin contributes to regulating blood sugar levels, making it suitable for individuals with diabetes. Nutritional studies have shown that a high-fiber diet can help control blood glucose levels and reduce the risk of type 2 diabetes. Pumpkin also contains a significant amount of potassium, which helps regulate blood pressure, maintain electrolyte balance, and lower the risk of cardiovascular diseases such as hypertension and stroke.

In the field of neurology, pumpkin is recognized for its benefits in supporting brain health. The antioxidants found in pumpkin help protect brain cells from oxidative damage, which can contribute to the development of neurodegenerative diseases such as Alzheimer's and Parkinson's. Furthermore, pumpkin contains magnesium, a mineral essential for regulating hormonal and neurotransmitter balance in the brain. This contributes to reducing stress and anxiety, as well as improving sleep quality. In addition to its neurological benefits, pumpkin is also known to promote skin health due to its vitamin E and beta-carotene content. These compounds help maintain skin hydration, protect against UV radiation, and slow the appearance of premature aging.

Pumpkin also shows potential in cancer prevention due to its high antioxidant content. The compounds found in pumpkin help protect DNA from damage caused by free radicals, which are a major contributing factor to the development of cancerous cells. In addition, the dietary fiber in pumpkin aids in lowering levels of low-density lipoprotein (LDL), or "bad" cholesterol, thereby supporting cardiovascular health. Another important benefit is its role in protecting the liver from inflammation and toxins that could lead to liver disease. With its wide range of health-promoting properties, pumpkin is a highly nutritious food that is well-suited for regular consumption to support overall health and well-being.

Conclusion

Pumpkin is a food that receives special attention in Islam, particularly because it was favored by the Prophet Muhammad (peace be upon him). Hadiths narrating his habit of consuming pumpkin demonstrate that this food was not only liked but also contains numerous health benefits. Scholars such as Imam al-Nawawi and Ibn al-

Qayyim emphasized that pumpkin possesses cooling properties, is easily digestible, and is beneficial for digestion, skin health, and overall bodily well-being.

From a scientific perspective, pumpkin is known to contain various essential nutrients, including beta-carotene, vitamins A and C, dietary fiber, and minerals such as magnesium and potassium. These components make pumpkin a food capable of supporting immune function, enhancing visual performance, strengthening the nervous system, and maintaining cardiovascular and digestive health. Additionally, pumpkin plays a role in reducing inflammation and protecting the body from the harmful effects of free radicals. Overall, pumpkin is not only a food recommended in Islam due to the example set by the Prophet (peace be upon him), but its health benefits are also supported by scientific evidence. Regular consumption of pumpkin can serve as a practical effort to maintain physical fitness while emulating the healthy lifestyle of the Prophet.

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