

Methods of Weight Loss...diet, surgery, and Fear of Allah

Explained by Shaykh Abdur Rahman al-Muhyiudeen

Question: May Allah grant you good, may Allah bless you, may Allah bring about benefit through you. The questioner says: Some people are overweight so they have surgery to shrink their stomach and clasp a portion of the stomach by placing around it a partition or something thus food is not able to reach this portion of the stomach. By doing this their weight greatly decreases rapidly. What is the ruling for this? May Allah grant you good.

Shaykh Abdur Rahman al-Muhyiudeen: If this does not harm him there is no prohibition. The starting point is to treat the causes for obesity; and to find what are these causes? In most cases obesity is of two types – do you understand?

There is obesity from natural causes and obesity caused by illness.

As for obesity from natural causes this can be reduced by fear; each time the person reflects upon the hereafter he becomes fearful. This is because fear, extreme fear – I swear by Allah – will shake the person and remove his fat, remove his weight and turn him grey-headed from fearing the Greatness of Allah. Fear! There is nothing worthy of worship except for Allah alone without partners.

The Messenger peace be upon him informed us that during the last days obesity would increase¹, and the reason for this is the people giving in to the lusts and desires of their souls. Fear! Nothing has the right to be worshipped except for Allah. Sins and transgressions have increased, corruption has increased and the people are not afraid. There is nothing worthy of worship except for Allah. Fat can be reduced if it is from this respect.

If it is due to illness; the person can treat himself. If he has an illness which is causing this he looks at his food and drink, he diets and decreases his food intake. And if he has surgery to block his stomach this is not prohibited; this is not prohibited. It is permissible.

Translated by Rasheed ibn Estes Barbee

¹ There will come after you, people who will bear witness without being asked to do so, and will be treacherous and untrustworthy, and they will vow and not fulfill their vows, and fatness will appear among them. (Sahih al-Bukhari 3650)