



# Shari'ah Impacts on Herbal Medicines and Aphrodisiac Substances Consumptions among Muslim Men of In Keffi Lga of Nasarawa State, Nigeria and Its Moral Influence

Aminu Kambari Mu'allimu<sup>\*1</sup>, Aliyu Ibrahim Musaddad<sup>1</sup>, Yahaya Sulaiman<sup>1</sup>

<sup>1</sup>Department Islamic Studies, Nasarawa State University Keffi, Nigeria

<p><b>Received</b> 12-01-2023</p>	<p><b>Abstract:</b> The use as well as consumptions of herbal medicines and aphrodisiac substances among men has become uncontrolled and alarming among men in the present day and is putting the health status of frequent users at risk.</p>	<p><b>Keywords:</b> <i>Moral, Herbal medicines, aphrodisiacs, sexual enhancer, vendors, Islam</i></p>
<p><b>Accepted</b> 20-01-2023</p>	<p>There are men as well as women vendors engaging in production, trade as well as patronizing it. Its demand and consumption keep on increasing day by day. In most of the public places conversations, encouragements and ideas on the need for use of herbal medicines and aphrodisiac substances among men is taking place. Statistically, two-third of men population in the area of study use these aphrodisiacs without significant knowledge of its side effects.</p>	
<p><b>Published</b> 24-01-2023</p>	<p>This paper studies the effects of using herbal medicines and aphrodisiac substances among men in Keffi LGA of Nasarawa State. The research revealed that there are positive as well as negative impacts of the use of herbal medicines and aphrodisiac substances on the matrimonial life of Muslim couples. The paper therefore recommends proper awareness and caution against frequent use of it. The study also recommends that the vendors especially those engage in public disturbance in the name of advertising and marketing their products with their loud speakers and using all sorts of names without shyness should be sanctioned by the government.</p>	

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## INTRODUCTION

The use of herbal medicines or aphrodisiacs products to stimulate sexual desire and enhance performance and enjoyment is almost as old as the human race itself. This is because in most of the traditional food we eat, there is one element or the other of sexual desire.

Aphrodisiac is derived from a Greek word *Aphroditae* meaning the goddess of love. It is a substance that arouses sexual instinct, induces venerable desire and increases pleasure and performance. Aphrodisiac may be any food, drink, drug, scent or device believed to stimulate sexual desire and increase sexual vigor (Melnyk 44).

The use of Aphrodisiac is not new, it has been used for centuries by both men and women such as Chinese, Indian, Egyptian, Roman, and Greek cultures to arouse and inflame sexual desire, heighten sexual enjoyment and increase sexual performance (Bella 28).

Other things like pornographic pictures, phallic-shaped food, odors, noises, ether, inflatable dolls, electric belts and whips are considered aphrodisiacs (Carson; Cole et al.; Mac Dougald; Renshaw).

Looking at African setup, a man can only answer his name if he is able to satisfy a woman sexually. This is the single reason many young and old men go around looking for one herbal medicine/ aphrodisiac or the other.

In carrying out this research, Keffi Local Government of Nasarawa State is selected. The choice of Keffi is informed by the fact that it is a Muslim dominated community and a place where the use of herbal medicines and aphrodisiacs is widespread both by married men and youth and it is where the researcher of this article comes from. It is a common thing to see cars caring loud speakers in and around Keffi town especially on Thursdays and Fridays when it is expected that many working class people will come back home to spend the weekend with their families.

The use of the speakers many a times disturbs people who are going with their normal activities in the town. The vendors also use words that are not allowed to be said publicly in the culture and tradition of Keffi People which is always characterized by shyness.

### Short Background of Keffi LGA

Keffi is about 45km North of Abuja, the Federal Capital of Nigeria, 150km South East of Lafia, the Capital of Nasarawa State and some 200km South-west of the Jos the capital Plateau state. To the North, Keffi shares boundary with Western part of Kokona Local Government Area while to the South, it is bounded by the Karu Local Government Area.

Islam is the dominant religion of the people of Keffi Local Government Area. There is no study to show the population distribution of religions but

it is generally believed (and it can be observed) that Muslims constitute about 70% of the total number while the remaining 30% is shared between Christianity and other traditional religions. Keffi has twenty Friday prayer mosques with hundreds of worshippers attending each one of them. There are many well established and renowned Muslim scholars in Keffi (Muallimu17).

## LITERATURE REVIEW

### Islam and Medical View on the use of herbal medicines and Aphrodisiacs by men

Prophet Muhammad (SAW) was once asked by a companion, as whether there is any benefit in medicine? And he insistently replied, "Yes." Islamic teachings make it a point of duty to every society or group of people to conduct research and discover the remedy for diseases that bother human beings (Al-jauzi14). Islam has a lot of influence on the Hausa cultures and traditions to the extent that some people in Nigeria think that all Hausas are Muslims. Some Aphrodisiacs vendors use Islam to convince their customers saying, their stuff are made according to Islamic teachings while others claim to get it from Islamic countries.

Sālim bin 'Abdillāh narrated from his father, 'Abdullah bin 'Umar (RA), who said: "Once Allah's Messenger (SAW) passed by an Ansārī man who was admonishing his brother for being too modest and shy. On that Allah's Messenger (SAW) said:

Leave him, for indeed modesty and shyness is a part of faith. (Bukhari no. 24, Kitāb al-Imān)

From medical perspective, the use of herbal medicines and Aphrodisiacs may be dangerous to men health because it causes diseases such as:

- Blockage of bladder which course the use of water pack on men penis to preserved their urine. (Ubam).
- According to Ibn Qayyim excessive sperm production (7) is caused by the use of aphrodisiacs and is harmful to the body.
- When a man takes so much aphrodisiac with no prescription or dosage, he might end up taking more than what his body requires and might lead to excessive sperm production on the part of his partner.
- The use of aphrodisiacs also cause abnormal fistulous tract extending between the bladder (vesica) and the vagina that allows the

continuous involuntary discharge of urine into the vaginal vault (VVF).

- Too much consumption of it leads to hearth diseases and high blood pressure or Even Hypertensions Ubam).
- It leads to untimely Death.
- It disturbs the brain and the body.
- It also leads to miscarriages of the partner of consumers.

### Types of men Aphrodisiac

The use, effects and morality in herbal medicines and aphrodisiac substances is becoming rampant among old and young men in the study Area. The herbal medicines and Aphrodisiacs are basically categorised into two; psycho physiological stimuli (visual, tactile, olfactory and aural). Men aphrodisiacs application affect their sex hormones (estrogen which it's high level in the body promotes penis lubrication and increases sexual desire and progesterone which increases or reduces sexual desire depending on circumstance) and play a vital role in sexual development, reproduction and general health (Eske). Herbal medicines and aphrodisiac substances come in different forms and their mode of applications varies accordingly (Umar).

Aphrodisiacs is a substance that increases sexual desire, pleasure which can be divided into:

- Substances that increase libido (sexual desire and arousal)
- Substances that assist men to last longer in bed with women. Most of the herbal medicines, aphrodisiac substances and their ingredients are natural which were derived from plants, animals or minerals. There are a lot of natural substances that are historically known as aphrodisiacs in Africa. The search for natural supplement from medicinal plants is being intensified because of its lack of side effects, its availability and less cost. Some of the herbal medicines and aphrodisiacs are applicable to male, while others are for female and some are for both sexes.
- Substances that assist men to increase or enlarge the size of their sexual organs.
- Substances that assist men to escalate the Joy of sexual intercourse (Muhammad).

### Oral substance use as herbal medicines and Aphrodisiacs:

There are a lot of herbal medicines which are used as Aphrodisiacs in this area: They include:

- **Bitter Kola:** It improves sexual impotence. Studies have shown that when it comes to the improvement of sexual performance, especially among men, bitter kola is royalty. It does not only increase sex drive, but also improves the sexual performance of men who consume it. And in other to be effective, it is advisable to chew the kola for at least two minutes before intercourse. So you have it: Improve your performance in bed by chewing bitter kola (Bitter Kola).
- *Bakingagai* in Hausa, *Fadogiaagrestis* belong to the plant relations, Rubiaceae. It is called *gagai* which means aphrodisiac. It improved the blood testosterone concentrations and this may be the instrument accountable for its aphrodisiac effects and various masculine behaviors.
- Other herbal medicines and Aphrodisiacs drinks are made by extraction from dates (Dabino), sugarcane (Rake), watermelon (Kankana) etc. Onion, *Zogale* (moringa) are oral preparation.
- Tiger nut (Aya) for making a sweet tasting drink thought to be good for both men and women.
- Drugs or Viagra.
- **Snuff:** than some men inhale it to get power.
- Camel flesh, Urine and fat,
- *man ayu:* Ayu is an aquatic Animal that look like a fish.
- *DakanMaza:* is mix up of peper that mostly use to eat meat and gain sexual power.
- **Jiko:** is mix up of roots of some trees.
- Unknown concoction sell in the markets.
- Energy or Power Drinks such as power Horse etc. Amon more and more others (Kabiru).

#### Non-Oral substance uses as herbal medicines and Aphrodisiacs:

This includes the cream that men use to rub their sexual organs, the herbal for smoking the organs and some spray to spray on the organs.

#### METHODOLOGY

In carrying out this study analytical method of data collection was used and categories of people were interviewed ranging from medical doctors, vendors, traditional herbalists, educated and non-educated men (Consumers) of different ages and status.

#### Causes of use of Herbal Medicines and Aphrodisiac Substances among

According to this research men just like their women counterparts are categorised in to three according to their creatures and sexual urge these are:

- *Harrij:* Extra-ordinary powerful man who can last on bed for more than 30 minutes and constantly in need.
- *Mustawiyi:* moderate or normal man, who can last for 5-10 minutes
- *Da'f:* weak man with weak erection that can last on bed for less than five minutes
- Most men use herbal medicines and Aphrodisiac Substances in order to achieve the following objectives:
- to satisfy their women sexually so that they can earn respect from them
- To prevent them from going out of their homes to have and extra marital affairs with another men outside.
- To get attraction from women particularly those engage in polygamy and those in extra-marital affairs.
- To increase the size of their sex organs.
- To reach climax

#### On the moral of selling herbal medicines and Aphrodisiac Substances

It causes immorality. This is largely because of the way the sellers advertised their commodity all over the town without any sense of shyness. They go around advertising especially on Thursdays', Fridays' and Saturdays' particularly in the Emirs palace, filling stations and main Keffi roundabout. The use of unethical on authorizes words in the advertisement forces the buyers to either hid themselves or send children whenever they want to buy the medicine. Many residence complain on the way the vendors go about selling their commodity in the town.

#### RESULTS AND DISCUSSIONS

##### Effects of use herbal medicines and Aphrodisiac Substances

It is said that anything that has an advantage also has a disadvantage. The impact of herbal medicines and Aphrodisiac Substances on the life of Muslim men in Keffi LGA can broadly be classified into: i. Positive and ii. Negative. The following are some positive impacts of aphrodisiacs:

- It creates intimate bond among couples. They become fond of each other and always want to be together in order to satisfy each other's sexual demand.

- It leads to better exploration and great sexual gratification by the users of the medicines and aphrodisiac if rightly used, it helps in achieving sexual gratification and lowering gaze which Allah commanded where He says:

Tell the believing men to lower their gaze (from looking at forbidden things), and protect their private parts (from illegal sexual acts, etc.). That is purer for them. Verily, Allah is All-Aware of what they do (Q24:30).

The use of herbal medicines and Aphrodisiac by men helps in getting aroused easily, fast awaken desire and also providing great stamina. With which would be able to get satisfied by his wife. Some men said any time they used Aphrodisiac, their wife (s) seem to be happier and enjoy themselves better. They even respect them the more and cooks them delicious food as appreciation.

Most men using aphrodisiacs are very positive about its effect. A respondent said:

"whenever I use herbal medicines or Aphrodisiac Substances I satisfy my wives and they respect me better. It makes men to be proud of themselves even when they are aged.

It assists in boosting immune system through a satisfied sexual act.

**The Negative implications of using aphrodisiacs are:**

- It promotes promiscuity among men. When use by some men, it leads them to committing adultery which is extramarital affairs with other women that is contrary to the teachings of Islam as stated in the Qur'an:

And come not near to the unlawful sexual intercourse. Verily, it is a *Fāhishah* [i.e. anything that transgresses its limits (a great sin)], and an evil way (that leads one to Hell unless Allah forgives him) (Q17:32).

- The use of aphrodisiacs sometimes leads to divorce: Some men after using aphrodisiacs turned to be in so much demand of sex that their wives may not withstand and this may lead to divorce. Prophet (SAW) says:

Of all the lawful acts the most detestable to Allah is divorce (Sunan Abi Dawud Book 12, Hadith 2173).

- Health risk: one may likely put his health at risk by wrongly apply some of these substance which cause diseases like infection, and Allah Says:

And spend in the Cause of Allah (i.e. *Jihad* of all kinds, etc.) and do not throw yourselves into destruction (by not spending your wealth in the Cause of Allah), and do good. Truly, Allah loves *Al-Muhsinun* (the good-doers) (Q2:195). He also says:

Verily, Allah forgives not that partners should be set up with him in worship, but He forgives except that (anything else) to whom He pleases, and whoever sets up partners with Allah in worship, he has indeed invented a tremendous sin (Q4:48).

**Societal perceptions on the moral effects of selling as well as using herbal medicines and aphrodisiac substances**

About 65% of men in the Keffi LGA used one form of aphrodisiacs or the other in order to please their wives. They believe that for them to live peacefully with their partners, they must provide them with food, satisfy them sexually and provide them with their needs. However, the way and manner the seller advertise their products is exposing younger ones into sexual activities out of curiosity.

Nude pictures sometimes are placed on the back of the bottle or container that contains the substance.

There are many cases of its consumption among non-married teenagers or even those that have not reach the puberty age and this results to a lots of calamities. Some people nowadays sell the substance, via online, and mores, even some women sell it and this has been leading to many fornications and adultery. A lot of men died as a result of too much consumption of it.

## **CONCLUSION AND RECOMMENDATIONS**

Aphrodisiacs and its usage is in the increase in the study area with negative impact on the health status of some men. By and large, it is established that the use has some benefits but is very harmful to the social status of its users. The effects of its usage range from blockage of bladder,

vaginal infection, and sometimes putting the faith in Allah at the risk of *shirk* (association of partners).

The paper discovered that about 65% of Muslim men in the study area engage in the use of Aphrodisiacs with the aim of satisfying their wives so that they can self-control themselves sexually. The study also underscores the risks of selling as well as using the herbal medicines may outweigh any benefit desirable from its use, therefore it should be avoided. Judging from the health and religious implications.

- Couples ought to *constantly request advice from their healthcare provider before taking any supplement and do medical checkups of their reproductive health on regular bases.*
- There ought to be sensitization campaign on the hazard of the use of Aphrodisiacs.
- There is the need for collaboration between health professionals and traditional doctors.
- Muslim men are supposed to imbibe the attitudes of cleanness as commanded by the Prophet (SAW)
- Couples must be observing the etiquettes of sexual intercourse provided by Prophet Muhammad (SAW) such as saying *Bismillah*, bath or ablution after or in between rounds.
- Couples ought to uphold good balance diet, to enhance health
- Government should control the manner of advertising Aphrodisiacs in the Public to avoid such immoral words the vendors use.
- People shall control their diet and engage in exercise rather than too much consumptions of it.

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**Table of Interview**

<b>S/N</b>	<b>Name</b>	<b>Addres</b>	<b>Profesione</b>	<b>Date of Interview</b>
1.	Aisha Isa	Tshohun Kasuwa	Student	14/2/2020
2.	Aminu Musa	Low-cost	Student	17/2/2020
3.	Maryam Abdullahi	NSUK	Student	20/2/2020
4.	Muhammad Kabiru	Kongo	Vendor	21/2/2020
5.	Raliya Muhammad	Yaran Maji	House wife	20/2/2020
6.	Sadiya Yunus	Karufi	Norse	15/2/2020
7.	Ubam	FMC	Medical Consultant	28/2/2020
8.	Umar Muhammad	Sabun Layi	Teacher	18/2/2020