

Analysis of Gastritis Prevention with Halal Food Consumption

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Abstract: Gastritis is an inflammation of the stomach lining that can be acute, chronic, diffuse or localized. When the defense mechanisms of the gastric mucosa are overwhelmed with bacteria and other irritants, localized inflammation occurs in the gastric mucosa. Common symptoms of gastritis include abdominal discomfort, bloating, headache, nausea, and vomiting, as well as discomfort or burning in the upper abdomen, nausea, and vomiting. and become bloated. Chills and fever may interfere with daily life. Because of the high incidence of gastritis, it is necessary for everyone, especially in productive age, to change a bad diet, such as consuming spicy foods, acidic foods or drinks, irregular meal times, and excessive portions of food, into a good lifestyle with healthier food consumption and of course halal. Diet and eating habits are the main components that affect a person's health and nutrition, therefore, as a Muslim, consuming halal and thoyyib food is an obligation. One must pay careful attention to the halal and health aspects. This research was conducted with a strategy of searching for journals used in the literature review. Some journals mentioned that consuming a balanced diet can help prevent gastritis. The study also found that consuming a variety of fruits and vegetables, such as papaya, apples, bananas and strawberries can help reduce gastritis. In addition, plenty of fish, seafood, such as salmon, sardines, tuna and seafood products rich in vitamin D can help prevent gastritis. There is also aloe vera extract shows that it effectively reduces indigestion and does not aggravate it. Research conducted on the relationship between halal food consumption and gastritis showed a significant relationship between food choices and gastritis.

1 INTRODUCTION

Over time, epidemiology, which previously focused on infectious diseases, has shifted to broader health issues. This situation arises due to changes in disease patterns in society, lifestyle changes, social and economic improvements, and the widespread impact on society. In addition, non-communicable degenerative diseases are due to changes in human lifestyle and bacterial transmission. One of them is ulcer disease or gastritis. (Diliyana & Utami, 2020)

Gastritis is an inflammation of the stomach lining that can be acute, chronic, diffuse or localized. When the defense mechanisms of the gastric mucosa are overwhelmed with bacteria and other irritants, localized inflammation occurs in the gastric mucosa. Peptic ulcers are known as gastritis. Irregular diet and consumption of foods that increase stomach acid production are the main causes of gastritis.

Ulcers can also be caused by several microorganism infections. (Uwa & Milwati, 2019)

It is undeniable that the lifestyle of modern humans is far from healthy due to bad habits such as frequent consumption of junk food, eating at inappropriate times, and eating without maintaining environmental hygiene. The nutritional value of food consumed by humans. These habits pose a significant risk of developing ulcers. (Pratama et al., 2022)

Common symptoms of ulcer disease include abdominal discomfort, bloating, headache, nausea, and vomiting, as well as discomfort or burning in the upper abdomen, nausea, and vomiting. and become bloated. Chills and fever can interfere with daily life. Although most cases of ulcers do not cause permanent damage to the stomach lining, people with

ulcers often experience recurrent attacks that cause pain in the solar plexus (Sartika et al., 2020).

Basically, the causes of ulcers can be divided into two main parts, namely internal factors and external factors. Internal factors are conditions that cause excessive discharge of stomach acid, and various external substances that cause infection and inflammation of the stomach. Risk factors for ulcers include taking aspirin or non-steroidal anti-inflammatory drugs, drinking alcoholic or carbonated drinks, smoking, and poor dietary habits. (Firdausy et al., 2022)

According to WHO, it is 40.8%. And some regions in Indonesia are quite high with a prevalence of 274,396 cases out of 238,452,952 population. The prevalence of gastritis in East Java reached 31.2% with a total of 30,154 cases. (Muna & Kurniawati, 2023). In a study, it was found that 47% of respondents aged 19 to 29 years suffered from gastritis, which is in line with the idea that the disease affects young adults to the elderly. This can be seen from the frequency distribution of respondents by age. People of all ages belong to the productive age class, which indicates a greater chance of developing gastritis in productive age. Age, as students are in the productive age range, is one of the factors that cause gastritis in students (Astuti et al., 2022).

Due to the large number of incidents of gastritis, it is necessary for everyone, especially those of productive age, to change bad eating patterns, such as consuming spicy food, sour food or drinks, irregular meal times, and excessive portion sizes, into a good lifestyle by consuming Food is healthier and of course halal. (Tussakinah & Burhan, nd 2018)

Diet and eating habits are the main components that influence a person's health and nutrition, therefore, as a Muslim, consuming halal food and thoyyib is an obligation. (Widiyati, W. 2023). Based on the definition, halal food and toyyib means something that can be eaten whether from the sea or land that is good and clean. (Hasanah, AI, Fauziah, R., & Kurniawan, RR 2021). With so many food products available around us, someone should be more selective in choosing what they buy. One must pay careful attention to halal and health aspects. (Satria, AD 2021). Based on the existing background, we realize that the relevance of this research is very important in the context of human life. It is hoped that this research will provide a better understanding of the types of toyyibah halal food and their correlation with body health.

2 METHODS

This research was conducted with a strategy to search for journals used in the literature review, the search strategy used was PICO (P: Patient, population, problem, I: intervention, prognostic, exposure, C: comparison control, O: outcome) The journals used in the literature review were obtained through the journal provider database, Google Scholar. The researcher opened www.Google.Scholar.com. Researchers wrote keywords namely "prevention, diet, halal food, and gastritis" 4,620 results appeared, then selected based on the last 6 years 3,460 results appeared, then narrowed down according to sort by relevance found 276 results, then the results will be processed again as many as 30 journals relevant to the research.

3 RESULTS

Emphasizing The Problems That Researchers Take

In the research of Nasution, E. M., & Nasution, U. A. H. (2023) regarding Halal and Haram Food Consumption in the Perspective of Al-Qur'an and Hadith. Their research is in line with the research of Permana, R. F. F., & Bandiyah, S. U. (2021) regarding the Concept of Blessing in Halal Food Consumption, described in their research that in Q.S. An-Nahl: 115 and Q.S. Al-Baqarah: 173, Allah explicitly forbids carrion, blood, pork and animals slaughtered without mentioning the name of Allah. According to the Hadith, only two types of blood are allowed: heart and spleen. As for pigs they are forbidden, because pigs contain parasites that are harmful to the human body. In Syaiful's research (2023), it is explained that the consumption of halal food and drinks has an impact on health. In addition, it explains in more detail the command to eat halal and tayyib food which can be defined as good and pure food and drink that applies generally to all types of food, such as grains, fruits, and meat. The study of Rojabiah et al (2023) also emphasizes that Allah commands Muslims to eat halal and healthy food. Halal and healthy foods contain proteins, carbohydrates, fats, minerals, water, and vitamins, which help maintain mental balance, maintain the body's hormones, and maintain the digestive system.

The results of research by Khairina (2023), a Public Health student at Lambung Mangkurat University, show that there is a high level of compliance with

halal food habits. This compliance is positively correlated with physical health, in accordance with the principles of nutrition and holistic health. However, the results of the journal Adila, N. A., & Filsahani, N. K. (2023) identified that the benefits of consuming halal food and beverages are not only limited to physical health, but also include mental, spiritual, and social aspects. By understanding these benefits, consuming halal food and beverages is not only a religious obligation, but also a sustainable choice to support a healthier and more balanced lifestyle. Mulyati, S., Abubakar, A., & Hadade, H. (2023) emphasized that food considered halal by Muslims must meet two conditions: Halal, which means that it can be consumed without being prohibited by shara' law, and good or Thayyib, which means that the food is nutritious and good for health. In line with Widiyati, W. (2023) explains that the right food according to Islam is Halalan Tayyiban food, which means that halal and nutritious both cannot be separated because they affect the development of the body and protect against disease. Then it is also explained, that if eating too much can cause poor digestion and inadequate absorption of nutrients or eating too small portions, it can also slow down movement.

Firdausy et al (2022) showed that diet and stress have a relationship with the incidence of gastritis in students of the Faculty of Health Sciences, Ibn Khaldun University. Then elaborated that gastritis is a digestive disease associated with diet. The results of research by Laily et al., (2022) show that an unhealthy diet increases the likelihood of suffering from gastritis. In line with Aritonang's research (2021) shows that an irregular eating schedule is also a major factor that can affect gastritis recurrence. Researchers Gunawan et al., (2024) said whether there are factors that cause gastritis associated with diet. Simbolon, P., & Simbolon, N. (2022) describe recurrence can be prevented with medication, but reducing causative factors can reduce the likelihood of recurrence. This shows that the preventive measure for gastritis is to maintain a good and regular diet.

Meanwhile, research conducted by Rimbawati & Wulandari (2022) shows that there is a relationship between three other things, namely physical activity, stress, and diet, which can cause gastritis. This is because physical activity and stress prevent a person from eating, causing an empty stomach and increasing stomach acid. Susanti, M. M., & Fitriani, F. (2018). analyzing the Effect of Diet on the Incidence of Gastritis at Puskesmas Purwodadi I Grobogan Regency. It was found that gastritis disease

is more easily diagnosed in individuals who have an irregular diet. When the stomach should be filled, but left empty or delayed, stomach acid will digest the gastric mucosal layer. This is because when the stomach is empty, the peristalsis of the stomach becomes stronger, which causes more stomach acid to be consumed, which in turn causes heartburn. With this problem, researchers Muriyatmoko et al (2022) then made a decision support system that would later help students in determining nutritionally balanced and healthy foods to consume for people with stomach acid/gastritis.

The results of research by Kusyati, E. & Fauzi'ah, N. (2018) show that aloe vera is effective as a companion therapy for gastritis pain. Herbalife concentrated aloe vera products have ingredients that can accelerate the decrease in gastric acid secretion. However, based on the research findings of Khotimah et al. (2019) showed that consuming papaya juice can also reduce pain caused by gastritis. This is because papaya contains the enzyme papain, which can accelerate the breakdown of proteins, which in turn accelerates the regeneration of damaged gastric cells. These researchers then also emphasized their results that the administration of papaya juice and aloe vera extract was different, with the papaya juice group mean of 12.88 and the aloe vera extract mean of 20.12, indicating that aloe vera extract was more effective. In addition, the results of research by Prihashinta, A. W., & Putriana, D. (2022). which looked at the relationship between vitamin D intake and meal frequency with complaints of gastritis symptoms in students of the Faculty of Law, Universitas Muhammadiyah Surakarta (UMS) showed that consumption of foods containing high vitamin D can reduce complaints of gastritis symptoms. Fish oil, liver, marine fish such as mackerel, salmon, sardines, and tuna are high sources of vitamin D. In addition, many foods that have been fortified with vitamin D can reduce gastritis symptoms. In addition, many foods have been fortified with vitamin D, especially dairy products and cereals. (Ajjah et al., 2020) in their research concluded that poor diet, such as meal irregularities, suboptimal meal frequency, and consumption of unhealthy foods or foods that are not halal can trigger excessive GERD or become a source of digestive disease.

Research Methods Used

Nasution, E. M., & Nasution, U. A. H. (2023) analyzed the concept and effects of consuming halal and haram food from an Islamic perspective. By using the literature research method and analysis of the

most important Islamic sources, such as the Al-Quran, and Hadith, as well as the opinions of leading researchers. The research of Permana, R. F., & Bandiyah, S. U. (2021) using qualitative research methods that emphasize aspects of in-depth understanding of a problem. Researchers use a literature approach by considering past research, and understanding the problem to be studied. Syaiful, M., Azkiyah, N. A., & Hakim, M. L. (2022) use qualitative methods or data analysis using several books and journals that contain discussions about the effect of halal food and drinks on the health of the human body and several verses in the Al-Quran and Hadith. The research of Rojabiah, N., Suryani, S., & Budiyanto, S. (2023) is a qualitative study that uses library research techniques and analyzes data using descriptive analysis by applying the content analysis method. Using two data sources, namely primary data on Al-Quran verses related to halal and tayyib and Tafsir Al-Mishbah, and secondary data using books or writings related to halal and tayyib food on health.

Khairina, D. (2023) combined a qualitative approach with the interview method as the main strategy to gain an understanding of halal food habits and their impact on the health of Muslim communities within the Public Health Study Program, Faculty of Medicine, Lambung Mangkurat University. It is based on the concept of nutrition as the main foundation and emphasizes the importance of balanced food intake in maintaining physical health. Encouraging interview questions to understand the extent to which halal food pickers can fulfill the body's nutritional needs optimally. In addition, it includes a holistic health approach, considering spiritual and mental aspects as integral elements of well-being. In line with Adila, N. A., & Filsahani, N. K. (2023) using library research techniques with secondary data sources derived from books and journals related to halal food on health. Mulyati, S., Abubakar, A., & Hadade, H. (2023) used an analytical descriptive method, which is a method that examines the ideas of human thought products contained in print media, both in the form of primary texts such as books on Islamic thought and secondary texts by conducting critical studies. Widiyati, W. (2023) used the literature review method by conducting a series of studies involving various kinds of information derived from literature such as books, encyclopedias, documents, and so on.

Firdausy et al's research (2021) uses cross-sectional, which is a research approach used to investigate how risk factors and effects are caused. This approach is done by collecting data or looking at things at once at a certain time or approach. Laily et al (2023) used

quantitative methods with a descriptive correlation design using a cross-sectional approach. Aritonang, M. (2021) used a descriptive research design to find out about the effect of stress and diet on the frequency of disease recurrence in patients with gastritis. Gunawan et al (2024) used quantitative research with descriptive research design. Describing or describing what is experienced by respondents and conducted research taken at one time which ultimately uses a cross-sectional approach.

Simbolon, P. & Simbolon, N. (2022) used descriptive analytic research with a cross-sectional approach. The research instrument was a knowledge questionnaire and gastritis prevention behavior. Analyzing data using the Chi-Square test. Rimbawati, Y., Wulandari, R., & Mustakim. (2022) used a quantitative research type analytic survey with Cross Sectional approach. Analyzing data using univariate analysis and bivariate analysis. Susanti, M. M. & Fitriani, F. (2018) The type of research used in this study is analytical survey research. The research design used in this study was case-control using a retrospective approach. The sampling technique used in this study was non-probability sampling with a saturated sampling technique. Samples who became respondents in this study were patients who experienced gastritis and did not experience gastritis who visited the Purwodadi I Health Center. Muriyatmoko et al (2022) This research model uses several methods, namely waterfall or what is often called the waterfall approach, which needs analysis, design, programming, testing, and maintenance or maintenance. The Waterfall model is one of the most commonly used SDLC models when developing information systems or software. The system approach used in software development is a systematic and sequential approach. At the needs analysis stage, researchers identify the problems that occur and then find a solution in the form of a decision support system. At the design stage, the design is made based on the analysis of the application requirements that have been designed. At the programming stage, coding is carried out from the system design that has been designed at the previous stage. At the testing stage, through 2 stages of testing, namely black box testing and user testing. At the maintenance stage, application improvements are made based on criticism and suggestions from the parties participating in the test.

Kusyati, E. & Fauzi'ah, N. (2018) used quantitative research with Quasy Experiment Design. This research design uses one group pretest posttest, using one group given aloe vera concentrate. Just like

Khotimah et al (2019) who used the Quasy Experiment with a non-equivalent approach with control group design. The sampling technique used is total sampling with the Simple Random Sampling method and data collection using observation. Prihashinta, A. W., & Putriana, D. (2022) used an observational analytic method with a cross-sectional research approach. The sampling technique used simple random sampling method. Data collection on vitamin D intake using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ). Data analysis using the Nutrisurvey program and expressed in

grams per day. Food frequency data using food frequency questionnaire. The parameters used were scoring with the mean as a cut-off point and into 2 categories, namely poor (< mean) and good (≥ mean). Ajjah et al's research (2020) used an observational analytic descriptive method with a cross-sectional design. Subjects were taken using the prbability sampling technique with stratified random sampling method, selecting subjects randomly in each batch. Data was collected through filling out a questionnaire by the subject.

Table 1: Journal Review

No	Author	Language	Source	Objective	Method	Findings
1	Astrid Wahyu Prihashinta, Dittasari Putriana (2022) Vitamin D Intake, Frequency of Eating and Complaints of Gastritis Symptoms on Students	Indonesia	Google scholar	Analysis of the relationship between vitamin D intake and meal frequency with complaints of stomach ulcers among students at the Faculty of Law, Muhammadiyah University, Surakarta.	Observational analytical research with cross sectional design. The sampling technique uses a simple random sampling method	More than half of the subjects had insufficient vitamin D intake (64%), and complained of gastritis symptoms routine (58%). As many as 40% of subjects had poor eating frequency. There is a relationship between vitamin D intake ($p < 0.001$, $r = -0.651$) and eating frequency ($p < 0.001$, $r = -0.743$) with complaints of gastritis symptoms in UMS FH student.
2	Yudha Fika Diliyana, Yeni Utami The Relationship of Diet with The Incident of Gastritis in Adolescents in The Working Area of Balowerti City Health Center Kediri	Indonesia	Google scholar	The relationship between diet and the incidence of gastritis in the working area of the Balowerti Community Health Center, Kediri City.	Bivariate analysis is analysis what is done to find out if there is whether there is a relationship between the independent variables and bound by using the test statistics	Analysis of this research using Chisquare analysis shows the statistical test results obtained value of $\rho = 0.048 \leq 0.05$, so statistics H_0 is rejected H_1 is accepted, that there is a relationship between diet and incidence of gastritis in working area Public health center Balowerti City Kediri with value coefficient contingency of 0.231 which is interpreted as strength relationships between variables at levels low.
3	Mellina Siswati Siagian, (2021) Literature Review: Pattern Relationships Deep Dining Occurrence of Gastritis in Youth 2021	Indonesin	Google scholar	Relationship between Patterns Deep Dining Occurrence of Gastritis in Youth 2021	Study descriptive with design literature review	Of the 10 articles conducted literature review study, states that it still exists articles that don't happen gastritis. However (80%) are the majority of gastritis. There still is Adolescents do not maintain patterns Eat. So that being in the majority is a pattern not eating well gastritis as many as 7 articles (70%)
4	Ivan Saladin and Udin Rosidin, (2018) Pattern Relationships Eat	Indonesin	Google scholar	Pattern Relationships Eat with Gastritis on Teenagers at	Descriptive correlation with design study cross sectional	Research Results about type characteristics the respondent's gender is obtained data from the most respondents with

	with Gastritis on Teenagers at School Intermediate YBKP3 Vocational Garut			School Intermediate YBKP3 Vocational Garut	genderwomen as many as 101respondents (72.1%).
5	Siskawati Amri (2020) The Relationship Between Diet and Gastritis in Adolescents at Napsiah Stabat Health Vocational School, Langkat Regency	Indonesin	Google schoolar	The Relationship between Diet and Gastritis in Adolescents at the Napsiah Stabat Health Vocational School, Langkat Regency	The method used in this research is analytical observational with a cross sectional study approach Based on the results of the chi square test of the relationship between diet and gastritis in young women at Napsiah Stabat Health Vocational School in 2018 with a degree of significance (α) = 0.05 and df = 1, the calculation results were obtained, namely Sig (2tailed) $0.001 < (\alpha) = 0.05$, then H_0 is rejected and H_a is accepted.
6	Fita Kusnul Khotimah, Sutrisno, Fitriani (2019) Effectiveness Of Papaya Juice and Aloe Vera Extract on Decreasing Dyspepsia in Gastritis Patients at Purwodadi Health Center Grobogan District	Indonesia	Google schoolar	Effectiveness Of Papaya Juice and Aloe Vera Extract on Decreasing Dyspepsia in Gastritis Patients at Purwodadi Health Center 1 Grobogan District	This research uses a <i>Quasi Experimental</i> method with a non-equivalent control group design Based on the results of the Wilcoxon test, it shows a p value < 0.005 (0.000 and 0.000). The Mann Withney test has a sig value of 0.018 because aloe vera has a mean value of 20.12 ± 4.06 while papaya has a mean value of 12.88 ± 3.38 . In research conducted by researchers, aloe vera extract was found to be more effective than papaya juice in reducing digestive disorders in ulcer patients.

4 DISCUSSIONS

According to research by Tusakinah et al (2018) in line with Susanti's research (2018) Gastritis usually starts with an unhealthy and irregular diet, a poor diet that can result in stomach acid digesting the stomach mucosa layer, but is left empty or delayed. This is because when the stomach is empty, the peristalsis of the stomach becomes stronger, which causes more stomach acid to be produced, which causes heartburn. If irritating substances enter the stomach, they will irritate the gastric mucosa. Acidic foods trigger acid reflux, which increases the level of stomach acid in the stomach. As stomach acid increases, the stomach becomes sensitive, and if this increase in stomach acid is left unchecked, damage to the stomach lining or ulcer disease will worsen. The term "eating habits" is used to describe habits and behaviors related to dietary management. Diet is the arrangement of the types and amounts of food consumed by a person or group of people at a given time, including the frequency of eating, types of food, and portions.

Digestive diseases can be caused by an irregular and unhealthy diet.

The balance of the body is destroyed by humans themselves, as happens with the digestive tract due to eating food carelessly or other habits such as smoking and working without rest. Most foreign substances (chemicals) enter the body through food. Eat food that is still hot and do not blow on it. Forced entry of hot food can cause damage to the oral mucosa and the underlying digestive tract. Food moves through the gastrointestinal tract from top to bottom. It starts in the mouth and ends in the esophagus, where food forms into spheres. After reaching the stomach, food mixes with digestive enzymes such as amylase, trypsin, lipase, and stomach acid, thus increasing its acid level (Khairani, M. D.2020). Gastritis disease if not treated without prevention of recurrence can cause stomach cancer and death (Jelita V. 2023).

Factors that can cause gastritis are poor diet, including irregular, less than the body's needs, not varied, and unhealthy. The habit of eating food that is too spicy, cold or hot and eating in a hurry (Mahaji 2020). Consumption of caffeine-containing beverages such as coffee and tea. Foods that have a

hard texture and are eaten hot. Consumption of spicy and sour foods (Rahman et al. 2022). Long-term use of pain relievers with excessive consumption of junk food (Simbolon, P., & Simbolon, N. 2022). Consumption of foods containing gas such as sweet potatoes, beans, cabbage, etc. Imbalance of gastric aggressive and defensive factors, which can be caused by diet, smoking, and consumption of NSAIDs. Lack of food hygiene and eating utensils contaminated with helicobacter pylori which causes gastritis (Sari & wulandari 2023). And in research (Aritonang, M.2021). Gastritis is caused by dietary irregularities, such as eating too much, too fast, too much seasoning, or foods that contain disease-causing bacteria. Gastritis can be caused by factors such as alcohol, aspirin, bile reflux, or radiation therapy. Starting with an irregular diet, gastritis usually causes inflammation of the stomach due to increased stomach acid. A diet consists of the schedule, type, and amount of food consumed.

In the Islamic view, eating right gives the body the strength to move and protects it from disease. However, eating too much can lead to poor digestion and inadequate absorption of nutrients, which can cause cells to become damaged and ruptured or eating too small a portion, which can slow down movement. According to Islam, people should not just eat food according to their taste without paying attention to the rules. Food outlined in the Qur'an is considered halal and good (tayyib) if consumed in proportionate amounts, not too much or too little, and has a positive effect on the body and is safe (Permana, R. & Bandiyah, S., 2021).

Diet and eating habits are the main components that affect a person's health and nutrition. Halalan Tayyiban, which means halal and nutritious, is found in the Quran (Akin E. 2021). According to Islam, halal and nutritious are inseparable as both affect human physical and mental development. If the food consumed by humans does not heed this call of Allah, then there will be an impending danger, both in this world and in the hereafter, namely hell. Eating a diverse diet is an important part of balanced nutrition guidelines. The body needs nutrients such as carbohydrates, proteins, fats, vitamins, and minerals to move, develop, and stay healthy (Widiyawati, 2023).

Linguistically, the word "food" can be interpreted with the words "tha'am", "aklun", and "ghidha'un", each of which means to fill something and or to put something into the stomach through the mouth. In Indonesian, the word "ghidza" also means nutrient uptake. In terms of terms, food can be defined as

anything that can be eaten, whether sea or land. Halal food is food that is permitted by Islamic law to be eaten, based on the Qur'an and Hadith of the Prophet (SAW). According to the commentators, the word "thayyib" comes from the Arabic word thaba, which means good, delicious, pleasant, tasty, and delicious, and means clean or pure. In addition, this word can also be interpreted as food that is not dirty in terms of substance or damaged (expired) or mixed with unclean objects. Eating halal and tayyib food is an obligation of every Muslim. The food and drinks consumed by Muslims are not free so that it requires Muslims to choose food selectively, namely halal food in accordance with the instructions of Allah SWT in the Qur'an and the explanation of the Prophet Muhammad SAW in the hadith. The food eaten must come from a clear source, halal and good and healthy. The Qur'anic perspective on the recommendation to choose food that is "halal" and "tayyib" is mentioned in the words of Allah SWT. Allah SWT created humans as the most perfect creatures equipped with knowledge and manners and regulates their lives in detail, including in terms of food and drink. As a creature of Allah, humans will not be separated from the need for food and drink to support the survival process (Hasanah et al. 2021). Without food and drink, living things will not be able to survive to live their daily lives, because the energy obtained through food is used to maintain the body's mechanism processes in growth and development and replace damaged body tissues, regulate metabolism, and other body fluids, and act as a defense mechanism against the attack of various diseases. Food also affects the health and immunity of the human body. The physical condition of individuals who consume food will always be healthy and avoid various diseases if the food is healthy, with complete and balanced nutrition. But on the contrary, food will cause various kinds of diseases, if what is consumed is excessive and unhealthy. Many studies have analyzed the impact of food on human health. Errors in food selection are the main risk factor that causes the emergence of degenerative diseases (Syaiful et al. 2022).

The Prophet said in a hadith: "The source of disease is the stomach, the stomach is a storehouse of disease, and fasting is the cure (HR Muslim). ' Poor personal hygiene, sleeping too late, and lack of exercise cause a person to contract various diseases, so the Prophet said in a hadith. "Wash your hands three times. Because there are those among you who do not know where their hands spent the night (HR. Sunan Nasai) The increasing number of non-infectious diseases that appear in society is evidence of the lack of attention

to a healthy lifestyle. Avoid eating or blowing on hot food. Forcing hot food into the mouth can damage the mucous membranes of the mouth and the underlying digestive tract. The Prophet forbade cooling food as long-term consumption can lead to impaired taste, permanent damage to the oral mucosa, and problems with the oral mucosa. From a medical point of view, blowing on food can increase the acidity of the food. This can be explained by the relationship between the CO₂ content of respiratory exhaust gas and water vapor (H₂O), which in turn forms acidic H₂CO₃. Increased acidity in the blood, intake of acidic foods cause fatigue, drowsiness, and fatigue. Difficulty concentrating and confusion (khairani 2020)

According to Adila & Fisahani (2023), Food and drink consumed by humans basically come from nature, sourced from plants and animals. The Qur'an teaches that humans and animals on earth have access to food, but they must try before eating it. According to the Ulama, there are several criteria to determine whether a food or drink is considered halal. halal food standards can be divided into two aspects. One is halal in terms of material and the other is halal in terms of its acquisition. In general, all plants are considered halal for consumption by Muslims, unless they contain poisons that can adversely affect health and harm the human body. Hygiene in the processing and preparation of halal food can also reduce the risk of foodborne illness. Consuming safe and hygienic food can optimize public health. By avoiding ingredients that can cause food allergies and intolerances, eating halal food can help maintain digestive health and reduce the risk of chronic diseases. In addition, halal food and beverages are often more natural and contain fewer synthetic additives. This can provide additional health benefits, including Boosting the immune system and reducing the risk of developing degenerative diseases. Therefore, further research and dissemination of information on the health benefits of halal food and beverages is essential to increase public awareness of the close relationship between food and beverage intake and overall health.

Theoretical research on the benefits of consuming halal food and beverages for physical health can be based on Islamic teachings and scientific health research principles. Religiously, Muslims are taught in Islamic teachings to consume halal and clean foods and avoid haram foods.

This is explained in the Qur'an Surah Al-Baqarah verse 168 which reads, "O people, eat what is halal and good from what is on earth." Furthermore, it is mentioned in the hadith that it is halal and nutritious

to eat from what is on earth. In terms of health, consuming halal food and drinks is believed to provide benefits for physical health. The benefits of consuming halal food and drink for physical health have been a topic of interesting debate. Halal Toybar or halal, healthy and nutritious food is certainly very helpful for us, both for physical and spiritual needs. Eating halal food and beverages provides several benefits to the human body. First, consuming halal food and drink helps avoid moral poisons and evil deeds that can damage faith and affect a person's dignity. Second, consuming halal food and drink helps keep the body away from the causes of diseases that can weaken the body and even make you one of the people loved by Allah SWT and His Messenger.

Healthy eating refers to consuming the right amount of food from all food groups in the correct order for one's body to function and function properly depending on lifestyle and activity levels. A balanced diet can be considered a healthy diet for the body. Balanced foods that meet human needs are called nutritious foods. These foods contain several nutrients such as carbohydrates, proteins, fats, vitamins and minerals that can ensure the health of the human body. Healthy food acts as a source of energy, and the substances contained in food can produce power or energy for human activities. Carbohydrates and fats are substances found in food that function as a source of energy for the body. Bodybuilders, substances that work on cell regeneration or replacement of damaged cells and support the growth process. Food substances that act as building blocks for the body, namely proteins and minerals, in the metabolic process of the body function as homeostatic agents in charge of regulating the functions of certain body parts: heart, bones, nerves, and hormones. The components of food that protect the body are protein, vitamins, minerals, and water. (Rojabiah et al., 2023)

Given the important role food plays in shaping human physical and mental development, religions urge everyone to eat good food. Healthy eating actually means a balanced and nutritious diet. Nutritious foods contain various nutrients such as carbohydrates, proteins, fats, vitamins, and minerals that the human body needs to stay healthy and function properly. The right combination of these different types of foods ensures that your body receives the nutrients it needs for optimal growth, cell repair, and organ function. It is important to remember that tasty, luxurious, and delicious foods are not necessarily an indicator of health. They can actually have a negative impact on health, especially if they contain potentially harmful

additives or are consumed in excess. Therefore, evaluating healthy food requires a comprehensive understanding of its nutritional content and its impact on the body's health. The concept of healthy food is becoming increasingly important in relation to the physical health benefits of consuming halal food and beverages. Halal food and beverages that are processed and processed in accordance with hygiene and halal principles can ensure that consumers obtain nutrients that are beneficial to their health. Therefore, an understanding of healthy food includes not only nutritional aspects, but also ethical and hygienic considerations in food selection and preparation (Nasution, E. M., & Nasution, U. A. H. 2023).

The research of Khotimah et al. (2019) showed the effect of giving papaya juice with aloe vera juice, with papaya 200 grm and aloe vera extract with 15 ml added with 120 ml of water which was carried out for 4 days. on the decrease in gastritis before and after because papaya contains papain enzymes that can accelerate the breakdown of proteins which will accelerate the regeneration of damaged stomach cells. Weak base minerals in the form of magnesium, potassium, and calcium are able to neutralize increased stomach acid and can reduce and repair stomach damage. Papain enzyme is a proteolytic enzyme that promotes the proteolytic process in the stomach, thus promoting the regeneration of damaged stomach cells. Papain enzyme contains 11.6% potassium benzyglucosinolate. Therefore, since papain acts on the digestive tract, it helps to treat the symptoms of indigestion and chronic ulcers. Weak alkaline minerals such as magnesium, potassium, and calcium are able to neutralize the increase in stomach acid, thus keeping the acidity of stomach acid in a normal state. These minerals are known to be used in various types of acid neutralizers (antacids). Antacids are generally slightly alkaline minerals. Ions from the mineral can combine with CL ions and react with HCL to form salts, which neutralize stomach acid. By neutralizing stomach acid, it helps reduce the pain caused by stomach ulcers.

And in line with the research of Kusyati & Fauzi'ah (2018) reinforced by the research of Retiu et. all. (2021). the administration of aloe vera extract shows that it effectively reduces indigestion and does not make it worse. The substances bradykinase, carboxypeptidase and salicylate are able to reduce abdominal discomfort or pain due to inflammation. Aloe vera extract contains lectins, which suppress gastric acid secretion. Lectins are proteins/glycoproteins that can recognize and bind to carbohydrate groups. Lectins directly inhibit gastric

acid production from gastric acid-producing parietal cells. Aloe vera also contains bradykinase, carboxypeptidase, and salicylate substances that can reduce symptoms due to inflammation, such as nausea, bloating, vomiting, and abdominal pain. Saponins and tannins found in aloe vera reduce inflammation and prevent it from getting worse. and saponins, flavonoids, tannins, and polyphenols 16 are antioxidants that play a role in preventing damage due to oxidative reactions and act as free radical binders in the destruction of metal ions. By preventing damage to the mucosa due to oxidative reactions, preventing further damage to the gastric mucosa, and accelerating healing.

But in the research of Prihashinta, A. W., & Putriana, D. (2022). Stating that lack of vitamin D intake can cause gastritis. Vitamin D intake has not met the needs of the Nutrition Adequacy Rate (AKG) recommended by the Indonesian Ministry of Health, which is 15 mcg/day. Lack of vitamin D intake occurs due to low consumption of foodstuffs rich in vitamin D such as fish oil, liver, marine fish such as mackerel, salmon, sardines, tuna, and can now also be found in dairy products and cereals. Vitamin D plays an important role in regulating the immune system by inhibiting adaptive immunity. Therefore, chronic vitamin D deficiency may increase the incidence of autoimmune diseases, including gastritis. Vitamin D regulates chemokine production, fights inflammation caused by autoimmune diseases such as gastritis, and induces differentiation of immune cells that play a role in self-tolerance. Other mechanisms include strengthening the innate immune system and inhibiting the adaptive immune system by modulating the interaction between lymphoid cells and antigen-presenting cells (APCs), increasing the number of helper 2 lymphocytes, cells that are resistant by inducing dendritic cell proliferation. In this way, vitamin D exerts anti-inflammatory and immunomodulatory effects.

By eating on time, eating balanced and sufficient food, eating healthy and nutritious fruits and vegetables, and choosing boiled food over fried food, reducing fast food, snacks, and carbonated drinks can prevent acid reflux (Amri, S. W. 2020). Vegetables and natural products are also rich in various vitamins, such as vitamin C and vitamin E. They have antioxidant and anti-inflammatory effects, which help protect the gastric mucosa from damage. Insufficient intake of vegetables and natural products can lead to vitamin deficiencies and weaken the work of mucosal obstruction, thereby increasing the risk of gastric infections. Marine fish and shellfish are known for

their high content of omega-3 fatty acids, while dairy products provide sufficient amounts of calcium and vitamin D. Omega-3 fatty acids exhibit anti-inflammatory and antimicrobial effects, which help reduce gastric

mucosal inflammation and maintain digestive health. In addition, direct fat intake is essential for defense of the gastric mucosa and protects the sharpness of the mucosal boundary. Fat plays an important role as a carrier of fat-soluble vitamins, supporting the absorption of these vitamins and maintaining the normal function of the mucosal barrier. Some other examples are bananas because they are easy to process and have soluble properties, which can help neutralize stomach acid. In addition, bananas are rich in pectin fibers that make a difference in intestinal development, and contain compounds that can coat the stomach barrier, in this way providing extra security from abrasions to the stomach. Bananas also contain potassium, which makes a difference to regulating fluid levels in the body and reducing the danger of dryness. Yogurt contains probiotics, specifically good microbes that help maintain the balance of microflora in the stomach and the interior of the body. Probiotics can reduce the development of the microbe *H. pylori*, which is one of the main causes of gastritis. In addition, yogurt can also help reduce the side effects of nausea and speed up the healing process of stomach wounds. Choose yogurt without sugar to get the most benefits. In addition, broccoli can be a green vegetable that is rich in fiber, vitamin C, vitamin K, and sulforaphane, a compound that has anti-bacterial and anti-cancer properties. Sulforaphane is particularly effective against the microbe *H. pylori*. The fiber in broccoli also makes a difference in smoothing assimilation and avoiding blockages that can aggravate gastritis indications. And cereals are a superb source of soluble fiber, especially beta-glucan, which can help moderate the assimilation and retention of supplements, thereby reducing the workload on the stomach. Wheat can also help reduce gastric corrosive levels and keep you feeling fuller for longer, avoiding the inappropriate use of foods that can decrease gastritis. Wheat also contains B vitamins and antioxidants that are excellent for general health. In anticipation of gastritis, eat small meals regularly to avoid over-stomaching. Maintain a strategic distance from hot, spicy, sour and ready-to-eat foods that can injure the stomach. Limit the use of caffeine and keep a strategic distance from alcoholic beverages. Do not smoke, as smoking can reduce stomach irritation. Manage stress well through relaxation procedures such as reflexology or yoga. And drink enough water

daily to maintain body hydration. (Li, P., Zhu, W., Ding, J., & Lei, F. 2024).

This compliance has a positive correlation with physical health conditions, in accordance with the principles of nutrition and holistic health approaches. This suggests that halal food consumption is not only a religious observance but also has a positive impact on the health of the Muslim community, especially in academic settings. Thus, halal food habits are considered an important factor that supports the holistic health and well-being of Muslims, especially in educational settings such as universities. The relationship between halal food and public health can be understood through several aspects, compliance with halal food consumption ensures that Muslims consume food that is in accordance with their religious teachings. Halal food is usually prepared with high standards of hygiene and safety, to reduce the risk of developing diseases caused by contamination or unhealthy ingredients. Consumption of halal food can also affect physical health, as foods that are allowed to be consumed in Islam tend to be healthier, such as meat that is slaughtered the right way and without blood. In addition, awareness of food sourcing and production ethics in halal food can contribute positively to the overall well-being of society (Khairina 2023).

5 CONCLUSIONS

From the results of the research we reviewed, it can be concluded that diet and eating habits are the main components that influence a person's health and nutrition, therefore, as a Muslim, consuming halal food and *toyyib* is an obligation. Gastritis is inflammation of the stomach lining which can occur acutely, chronically, diffusely, or locally. When the defense mechanisms of the gastric mucosa are filled with bacteria and other irritants, local inflammation occurs in the gastric mucosa. Which later causes stomach ulcers or known as gastritis and occurs due to excessive release of stomach acid. Symptoms include abdominal discomfort, bloating, headaches, nausea, and vomiting, as well as burning in the upper abdomen. Ulcer sufferers often experience repeated attacks that cause pain in the pit of the stomach. Risk factors for ulcers include taking aspirin or non-steroidal anti-inflammatory drugs, drinking alcoholic or carbonated drinks, smoking habits, and poor eating habits, such as consuming spicy food, acidic foods or drinks, irregular meal times, and large portion sizes. excessive. In addition, physical activity, stress, and

food intake also play a role in gastritis. Halal food is food that is permitted by Islamic law to be eaten, based on the Koran and the Hadith of the Prophet SAW. "Thayyib" comes from the Arabic thaba, which means good, delicious, pleasant, delicious, and delicious, and means clean or holy. Apart from that, this word can be interpreted as food that is not dirty in terms of substance or damaged (expired) or mixed with unclean objects.

The results of the literature review recommend that consuming a balanced diet can help prevent gastritis. This study also found that consuming various fruits and vegetables, such as papaya, apples, bananas, and strawberries can help reduce gastritis. In addition, many fish, seafood, such as salmon, sardines, tuna and seafood products that are rich in vitamin D can help prevent gastritis. There is also aloe vera extract shown to be effective in reducing digestive disorders and not making them worse. The substances bradykinase, carboxypeptidase, and salicylates help reduce stomach discomfort or pain due to inflammation. The saponins and tenin found in aloe vera reduce inflammation and prevent it from getting worse. Saponins, flavonoids, tannins and polyphenols 16 are antioxidants which play a role in preventing reactionary damage and act as free radical scavengers in the destruction of metal ions. And oats can help reduce the risk of gastritis because they contain B vitamins and antioxidants which are beneficial for overall health. To prevent gastritis, it is recommended to consume a variety of foods, including healthy, balanced and low-calorie food choices.

Research conducted on the relationship between halal food consumption and gastritis shows that there is a significant relationship between food choices and gastritis. The results showed that 80% of the articles did not suffer from gastritis, but 70% of the respondents suffered from gastritis. The majority of respondents were poor eaters, with 70% of them suffering from gastritis. The study also found that most had a high risk of gastritis, with 7 articles reporting a high risk of gastritis. In conclusion, consuming halal food can contribute positively to the overall health and well-being of Muslims.

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