420779 - Can Muslims Inhale Herb Smoke?

the question

What is the ruling on smoking permissible substances, such as natural herbs, herbs that do not cause intoxication, such as lavender and the like, for medical reasons and benefits?

Summary of answer

If inhaling the smoke of herbs is harmful, then it is prohibited to inhale it. If it is done for a medicinal benefit, then there is nothing wrong with it, because the basic principle is that things are permissible.

Detailed answer

Praise be to Allah.

The basic principle is that that which is harmful to the individual is prohibited, because Allah, may He be Exalted, says:

{And do not kill yourselves.} [An-Nisa’ 4:29]

{and do not throw [yourselves] with your [own] hands into destruction [by refraining]. And do good; indeed, Allah loves the doers of good.} [Al-Baqarah 2:195]

The Prophet (blessings and peace of Allah be upon him) said: “There should be neither harming nor reciprocating harm.” (Narrated by Ahmad and Ibn Majah, 2341; classed as authentic by Al-Albani in *Sahih Ibn Majah*)

If inhaling the smoke of these herbs is harmful, then it is prohibited to consume it. If it is not harmful – rather it is of medicinal benefit, as you said – then there is nothing wrong with it, because the basic principle is that things are permissible.

You should consult specialists who have knowledge of the hoped-for benefit and can determine whether that can be achieved by burning these herbs or not.

For more details, please see the following answers: 256355, 115761, 127312, 271543, 10922, 201512, 11956.

And Allah knows best.