

Consumption of Zamzam Water as a Natural Health Medicine for Visitors Attending Pilgrimage in Makkah

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The Zam Zam is the name of the well in city of Makkah that provides water to visitors who are attending pilgrimage. Over the last 4500 years billions of people have drunk water from the well of Zam Zam. During the annual Hajj festival pilgrims drink and wash themselves with the Zam Zam. The Quraan has stated in verse 21:30 'and we have made of water everything living, will they not then believe'. It is because of its religious character that Zamzam has a unique identification: the most sacred and miraculous water well in the history of Islam if not the entire world. It is believed that this water has healing properties and it is drunk by Muslims across the world.

Zam Zam water is linked to the most important personalities in Islamic history: the Prophets Ibrahim and Ismail (peace be upon them) and Muhammad (peace and blessings be upon him and his family), as well as Ismail's mother Hajira (may Allah be pleased with her). According to Islamic belief, Zam Zam water was discovered by Prophet Ismail (peace be upon him) and his mother Hajira (may Allah be pleased with her). The well is located approximately 20 meters east of the Kaaba and Zam Zam well is 35 meters deep. The hajj pilgrim when starting in Makkah and Madinah drinks the water of Zam Zam and on their return takes water for their families and friends.

The water of Zam Zam has been medically and chemically proven to contain elements that are beneficial for the stomach, liver, intestines and kidneys. Emoto (2005) states that 'The quality/purity of Zam Zam water will not be found anywhere else in the water on this earth'.

This paper will begin with the Islamic approach to life following the example of Prophet Muhammad (PBUH) and then investigate the scientific facts of Zam Zam water and benefits of drinking water by pilgrims visiting Makkah. Finally, the paper will discuss the unique features and welfares linked to Zam Zam water, as has been mentioned in the Islamic tradition.

Key Words : Religious Tourists, Pilgrims, Zamzam, Hajj, Umrah, Prophet

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