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Integrated Studies on Health Benefits of Vinegar in The Sunnah And Malay Medical Manuscripts

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Abstract

Studies on vinegar from the single perspective of knowledge has been done by many people, but then, the integrated studies on it by involving prophetic traditions (sunnah) and Malay manuscripts have not been taken seriously and not being focused widely by scholars. That is why researchers are encouraged more to study the health benefits of vinegar through the prophetic traditions and Malay medical manuscripts. In doing so, the researchers will identify the related hadith to vinegar in many books of hadith and the Malay medical remedies inside Malay manuscripts that are mixed with local herbs with vinegar to treat diseases. Furthermore, the researchers will focus on the scientific facts related to the chemical compounds of vinegar. The result of this qualitative study is to assert the importance of taking vinegar continually as one of the best solution to prevent any disease. Additionally, to prove the richness of our local pharmaceutical to treat illnesses and to convince our self that the local remedies inside the Malay manuscripts can treat many ailments and it is sufficient without fully relying on the modern medicine.

Keyword: *Integration; Health; Vinegar; Sunnah; Malay; Medical; Manuscript*

Introduction

Integrated studies mean looking at the certain aspect of a thing as an object of study in the perspective both of Naqli and Aqli knowledge. Sunnah as a part of Naqli knowledge is the second source of knowledge in Islam after the Holy Quran. Sunnah as daily life practical of Allah's Messenger (PBUH) shows us the importance of vinegar as the best condiment.

Meanwhile, Malay medical manuscripts as handwritten documents mostly written in the Jawi-Arabic script and dates as early as the 15th century (Dewan Pustaka Bahasa, 2005, pg. 1494; Universiti Malaya, n.d.), show us many Malay prescriptions that emphasized on the benefit of vinegar mixed with other local herbs to cure common illnesses of Malays.

Vinegar traditionally has been used as a food flavoring and preservative for thousands of years. Nowadays, investigations demonstrate the potent bioactive effects of vinegars which may benefit human health. Functional therapeutic properties of vinegar described include antibacterial activity, blood pressure reduction, antioxidant activity, reduction in the effects of diabetes, and prevention of cardiovascular disease. Other positive health effects of daily consuming vinegar reported include improving blood glucose response which would be of benefit to diabetic patients. Phenolic acids in vinegar can scavenge superoxide anion and free radicals in vivo resulting in a potent antioxidant activity. daily intake of vinegar may affect human health and metabolism (Nilgün H et al, 2014:762).

There are several types of vinegars:

1. Balsamic is brown in colour with a sweet-sour flavor. It is made from the white trebbiano or lambrusco grapes and aged in barrels of various woods. Some gourmet Balsamic vinegars are over 100 years old.
2. Champagne has no bubbles. It is made from a dry white wine made from Chardonnay or Pinot Noir grapes (both of which are used to make Champagne).
3. Cider is made from apples and is the most popular vinegar used for cooking in the United States.
4. Distilled is made from distilled grain alcohol and is usually colourless. It is best used for pickling (UC Cooperative Extension Cottage Foods. n.d.).

What kind of vinegar consumed by Prophet Muhammad (peace be upon him)? The kind of vinegar taken by Prophet Muhammad is not

Vinegar In The Books Of Hadith

In the Sahih Muslim, the Messenger of Allah stated unequivocally the goodness of vinegar as a food flavoring by saying: (نِعْمَ الْأُدْمُ الْخَلُّ نِعْمَ الْأُدْمُ) and telling: (نِعْمَ الْإِدَامُ الْخَلُّ). The other books of hadith also quoted this divine statement of the Prophet SAW such as Sunan Ibn Majah. n.d. Jabir. Vol.3#3820; Aisyah. Vol.2#3316. Sunan Al-Tirmidhi. 1975. Jabir. Vol.4#1839; Ahmad. 2001. Jabir. Vol.22#14225; 36; Al-Darimi. 2000. Aisyah. Vol.2#2093; Al-Nasa'i. 2001. Jabir. Vol.6#6655.

Sahih Muslim placed this hadith in the book of drinks, chapter: the virtue of vinegar and using it as a condiment.

The hadith narrated by Jabir bin Abdullah as follows:

عَنْ جَابِرِ بْنِ عَبْدِ اللَّهِ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ سَأَلَ أَهْلَهُ الْأُدْمَ فَقَالُوا مَا عِنْدَنَا إِلَّا خَلٌّ .
فَدَعَا بِهِ فَجَعَلَ يَأْكُلُ بِهِ وَيَقُولُ " نِعْمَ الْأُدْمُ الْخَلُّ نِعْمَ الْأُدْمُ الْخَلُّ " .

Jabir bin Abdullah reported that Allah's Apostle (peace be upon him) asked his family for a condiment. They (the members of his household) said, "We have nothing with us but

mentioned in the books of hadith, but it is most likely that the vinegar at that time made from the dates or grape.

First argument:

Grape consumed widely and became the famous fruit in that era. It has so many types of use such as drink, dried grape (a raisin), vinegar, fruit etc.

Second argument:

It is difficult to get apple at that time, and not planted in the city and the Prophet around but imported from Syam.

Third argument:

Grape vinegar or dates vinegar are mentioned repeatedly in the books of the Islamic Scholars like Ibn Qutaybah who quoted in his book 'Al-Jarathim' (n.d.:2/114):

"If you want to make vinegar, make it from the grape." (Muhammad Salih Al-Munjid, 2017).

vinegar." He asked for it, he began to eat it, and then said, "Vinegar is a good condiment, vinegar is a good condiment." (Muslim. n.d. Jabir. Vol.3#2052).

Jabir bin Abdullah also reported another hadith of the Messenger of Allah (peace be upon him) that mostly is the same with the hadith above.

عَنْ جَابِرِ بْنِ عَبْدِ اللَّهِ أَنَّهُ قَالَ: أَخَذَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِيَدِي ذَاتَ يَوْمٍ إِلَى مَنْزِلِهِ فَأَخْرَجَ إِلَيْهِ فِلَقًا مِنْ خُبْزٍ فَقَالَ " مَا مِنْ أُدْمٍ .
فَقَالُوا لَا إِلَّا شَيْءٌ مِنْ خَلٍّ . قَالَ " فَإِنَّ الْخَلَّ نِعْمَ الْأُدْمُ " . قَالَ جَابِرٌ فَمَا زِلْتُ أُحِبُّ الْخَلَّ مُنْذُ سَمِعْتُهَا مِنْ نَبِيِّ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ . وَقَالَ
طَلْحَةُ مَا زِلْتُ أُحِبُّ الْخَلَّ مُنْذُ سَمِعْتُهَا مِنْ جَابِرٍ .

Allah's Messenger (peace be upon him) took hold of my hand one day (and led me) to his residence. There was presented to him some pieces of bread, whereupon he said, "Is there no condiment?" They (the members of his household) said, "No, except some vinegar." He said, "Vinegar is a good condiment." Jabir said, "I have always loved vinegar since

I heard it from Allah's Apostle (peace be upon him)." Talha said, "I have always loved vinegar since I heard about it from Jabir." (Muslim. Jabir. Vol. 3#2052).

Aisyah also narrated the similar hadith in the Sahih Muslim, the book of drinks, chapter: the virtue of vinegar and using it as a condiment:

" عَنْ عَائِشَةَ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " نِعْمَ الْأُذُمُ - أَوْ الْإِدَامُ - الْحَلَالُ " .

Aisyah reported Allah's Apostle (peace be upon him) as saying, "The best of condiments or condiment is vinegar." (Muslim. n.d. Aisyah. Vol.3#2051)

The commentaries of hadith detailed out the importance of vinegar as a food flavor based on the mentioned divine statement above of Allah's Messenger (peace be upon him) which affirmed that the best of condiment is the vinegar.

Nawawi said (1392:7/14):

According to linguists, the word of al-idam (الْإِدَامُ) that means vinegar is the best food flavor, such as bread. The plural form of the word al-idam (الْأُدُمُ) is udum (أُدُمُ). This hadith promotes discussion about food so that appetite increases. According to Al-Khattabi and Al-Qadi Iyad, this hadith is related to the balance of life and self-control in taking food. This hadith seems to give a warning to humans, "Take vinegar and the similar flavor as a food condiment!" It is because vinegar is cheap and easy to be found. Therefore, you supposedly take care of your eating and not based on your passion! In fact, the bad practice of taking food may cause a problem of religious practice as

Vinegar In The Malay Medical Manuscripts

In the Malay medical manuscripts, the efficacy of vinegar is diverse. The Malays believe that the vinegar which preserved for many years has a good quality to cure diseases such as constipation. Furthermore, vinegar cyanide is also the most important factor in the Malays remedy. They are particularly interested in such as sourcing of vinegar to cure the dangerous illnesses, tooth decay, earache, swollen, irritated eyes, breathing disorders, postpartum

well the body health. It is a worldview of Al-Khattabi and scholars who have the same view. For me, this hadith emphasized the advantages of taking vinegar as a condiment. Regarding the balance of life in eating and not following the will of lust is known through other methods in the feed issue.

Al-Munawi said (1356 H:6/285):

The Prophet Muhammad (peace be upon him) liked vinegar and drank it after being mixed with honey. According to Ibn Arabi, vinegar and honey are the origins of all drinks.

Al-Sindi in his statement towards Sunan Ibn Majah's hadith said (t.th.:2/314):

The meaning of the hadith above contextually is an explanation of the goodness of vinegar as a food flavored. However, it does not mean that vinegar is better than milk, meat, honey and broth as a source of feeding.

Syaraf Al-Haq Al-Asim Muhammad Asyraf bin Amir in his comment towards the Sunan Abi Daud's hadith said: (1415 H:10/215):

he Messenger of Allah (peace be upon him) praised vinegar as food flavoring because it was cheap and close to the practice of qanaah (complacent).

Through the explanation above, there are different reasons behind the utterance of the Prophet Muhammad to take vinegar as a food flavoring:

- 1) Taking vinegar as a food flavored manifests balance of life and self-control in feeding.
- 2) Vinegar mixed with honey is the favourite drink of the Prophet Muhammad (peace be upon him).
- 3) Taking vinegar is so close to the practice of qanaah (complacent).

depression, vitiligo, etc. The most common vinegar practices inside Malay manuscripts is taken from Nipa palm. However, Malays believe that vinegar should be mixed with the other benefits local herbs to formulate a good remedy. It is in line with the scientific report of Ibn Qayyim Al-Jawziyah (2004: 299):

Vinegar softens the natural source of nutrition, treats digestive disorders, hepatitis, detains the

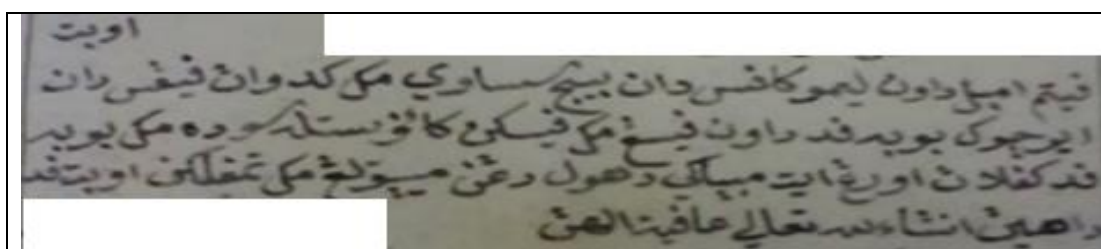
negative effects of medicine, streams the frozen milk and blood. Vinegar is useful for bile, digestion disorders, phlegm, swollen, and thirst. If vinegar taken with salt, it can prevent the toxic effects commonly found in natural food sources. Furthermore, if vinegar inserted

in the mouth in a warm state then rinsed, it can infect any disease that contaminates teeth and strengthens the gum. Below are some of the diseases cured with the mixed local herbs and vinegar in traditional medicine

- Syncope treatment
- Constipation treatment
- Vaginal tightness tip
- Menstrual disorder and vaginal discharge
- Glowing face for the bride
- Swelling
- Tooth decay prevention
- Fever
- Malaria causes fever (demam ketiak dan demam kura)
- A hernia (*burut*) that afflicts adults and children

Below are displays of Malay Manuscripts that cured those above illnesses:

| | |
|---|-------------------|
| 1. MSS 2802 [A. Bintang Dua Belas] [B. Kitab Tib (Cetera Luqman Al Hakim)] [8r.41v] | Syncope treatment |
|---|-------------------|



Transliterasi:

Ambil daun limau kapas dan biji sawi, maka keduanya pipis dan air cuka, bubuh pada daun pisang, maka penyekkan ke atasnya. Setelah sudah, maka bubuh pada kepalanya orang itu, membiaki dahulu dengan minyak lang, maka tampalkan ubat pada dahinya.

Translation:

Take key lime leaves and mustard seeds, then pulverize both of them with vinegar. Place correctly all the materials dissolved on a banana leaf and put on the head of the patient. Sweep first the patient's forehead with lang oil before pasting this herb into his forehead. *Insyah Allah*, will be recovered soonest.

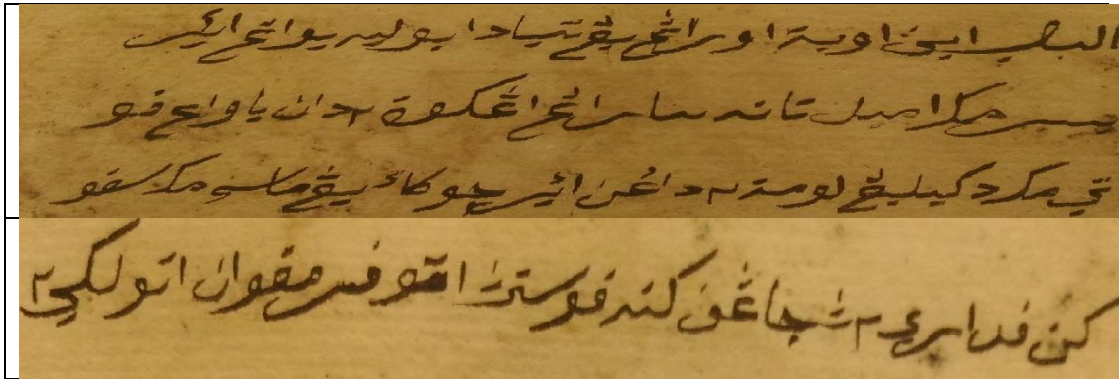
Ingredients:

| | | |
|--------------------|------------------|------------|
| a. Key lime leaves | b. Mustard seeds | c. Vinegar |
| d. Banana leaf | e. Lang oil | |

Method of use:

The above remedy is attached to the patient's forehead after being given *lang* oil.

| | |
|--------------------------------------|------------------------|
| 2. MSS 3140: [Azimat. Petua] [8r.9r] | Constipation treatment |
|--------------------------------------|------------------------|



Transliterasi:

Ambil tanah sarang angkut-angkut dan bawang putih, maka digiling lumat-lumat dengan air cuka yang masam, maka disapukan pada ari-arinya, jangan kena pusatnya atau perempuan atau laki-laki.

Translation:

Take the land of potter wasps nest and garlic, then milled with sour vinegar, then rubbed on the placenta, do not touch the patient's umbilicus whether the patient is women or men.

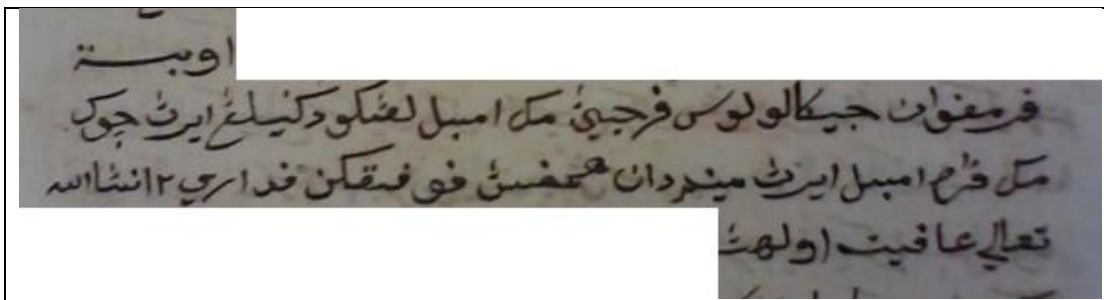
Ingredients:

| | | |
|---------------------|-----------|------------|
| a. Potter wasps net | b. Garlic | c. Vinegar |
|---------------------|-----------|------------|

Method of use:

The above remedy smeared to the patient's placenta.

| | |
|--|-----------------------|
| 3. MSS 3135 [Kitab Tib] - Petua Azimat & Perubatan Tradisional [8r.4v] | Vaginal tightness tip |
|--|-----------------------|



Transliterasi:

Ambil lengkuas digiling airnya cuka, maka perah, ambil airnya minum dan hampasnya pupukkan pada ari-ari.

Translation:

Take galangal grinded with vinegar, then squeeze. Take the extracted water to drink and take its' dregs into the placenta.

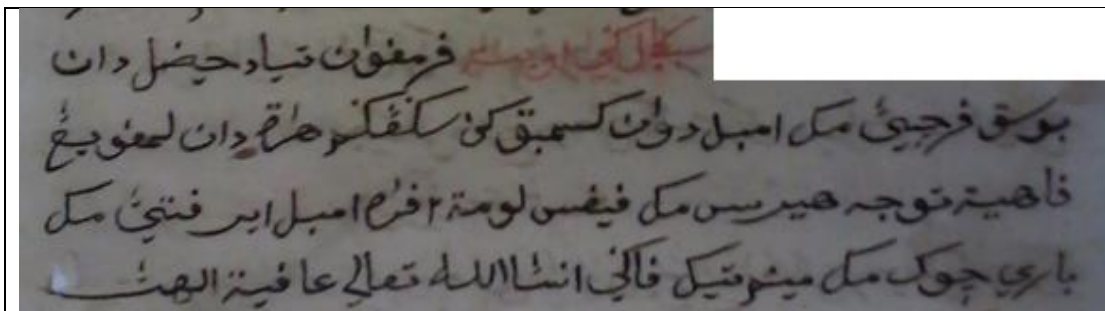
Ingredients:

| | |
|-------------|------------|
| a. Galangal | b. Vinegar |
|-------------|------------|

Method of use:

The above remedy taken as drink.

| | |
|---|--|
| 4. MSS 3135 [Kitab Tib] - Petua Azimat & Perubatan Tradisional [11r.6v] | Menstrual disorder and vaginal discharge |
|---|--|



Transliterasi:

Ambil daun kesumba segenggam herat dan lempoyang pahit tujuh hiris, maka pipis lumat-lumat, perah, ambil air patinya, maka beri cuka, maka minum tiga pagi, insya Allah Taalah afiat.

Translation:

Take a handful of safflower leaves and the seven pieces of bitter ginger (zingiber zerumbet), then pulverise both and take the extracted water, then mixed with vinegar. Take a remedy as a drink for three days continuously every morning. Insy Allah will be recovered soonest.

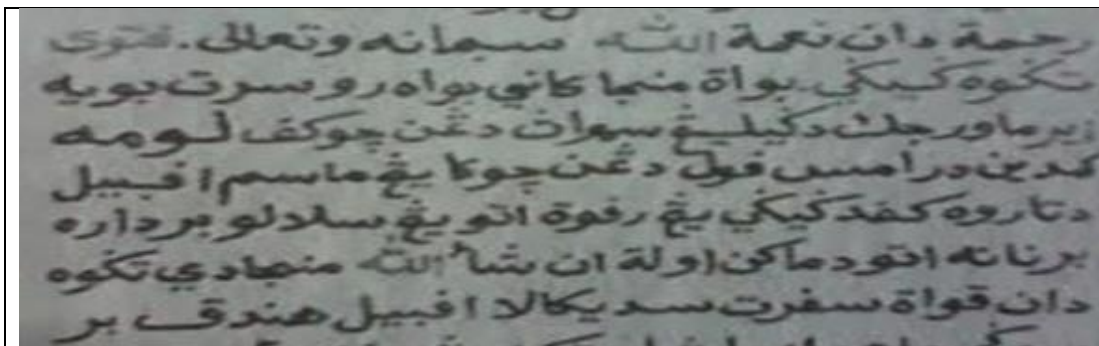
Ingredients:

| | | |
|------------------------|------------------|------------|
| a. Safflower leaves | b. Bitter ginger | c. Vinegar |
|------------------------|------------------|------------|

Method of use:

The above remedy taken as drink for three days continuously every morning.

| | |
|-------------------------------------|------------------------|
| 5. MSS 1653 [Kitab Tib] [9r.31r] | Tooth decay prevention |
|-------------------------------------|------------------------|



Transliterasi:

Buah manjakani buah ru serta buih air mawar. Jika digiling semuanya dengan cukup, lumat kemudian, diramas pula dengan cuka yang masam. Apabila ditaruh kepada gigi yang reput atau yang selalu berdarah, bernanah, atau dimakan ulat, insya Allah menjadi teguh dan kuat seperti sedia kala. Apabila hendak bersugi, mahulah diisyaratkan dengan perkataan-perkataan ini tinggal lidahku, tinggal gigiku insya Allah mujarab.

Translation:

Take fruit *manjakani* (*Quercus infectoria*), fruit Australian pine tree and froth of rose water. Grind those fruits until being mixed perfectly, then crunched with sour vinegar. If this remedy placed on the rotting, bleeding and festering tooth, or the eaten tooth by caterpillars, insya Allah the tooth will be strong enough as like before. Whoever wants to brush his teeth, he should keep saying these words “remain my tongue, remain my teeth.” Insya Allah, will be recovered.

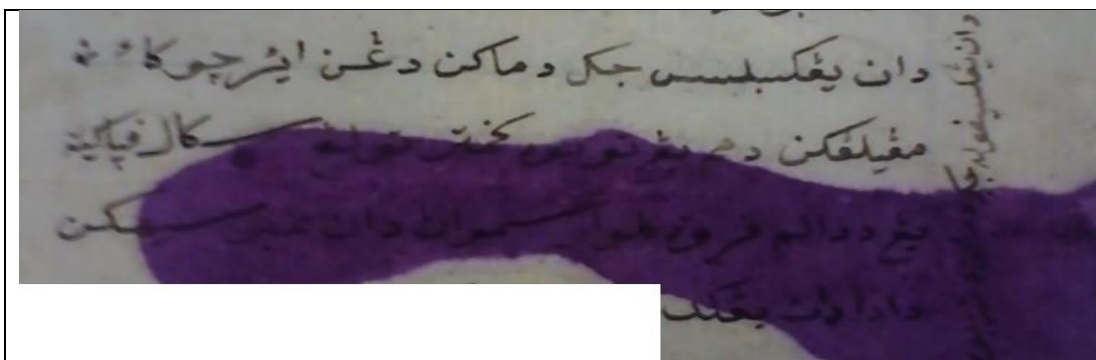
Ingredients:

| | | |
|--|----------------------------------|---------------------------|
| a. Fruit <i>manjakani</i> (<i>Quercus infectoria</i>), | b. Fruit Australian pine tree | c. Froth of rose water |
| d. Sour vinegar | | |

Method of use:

The above remedy placed on the diseased teeth.

| | |
|---|-------|
| 6. MSS 3084 [Azimat. Kitab Tib. Petua] [5r.10v] | Fever |
|---|-------|



Transliterasi:

Dalam bab faedah daun senamaki. Jika dimakan dengan air cuka, mengilangkan demam yang tubuh gementar tulang, segala penyakit yang di dalam perut keluar semuanya dan membersihkan dada.

Translation:

If the *Senna alexandrina* leaves taken with vinegar, it will remove the fever that trembles bones, all the diseases in the stomach and clean the chest.

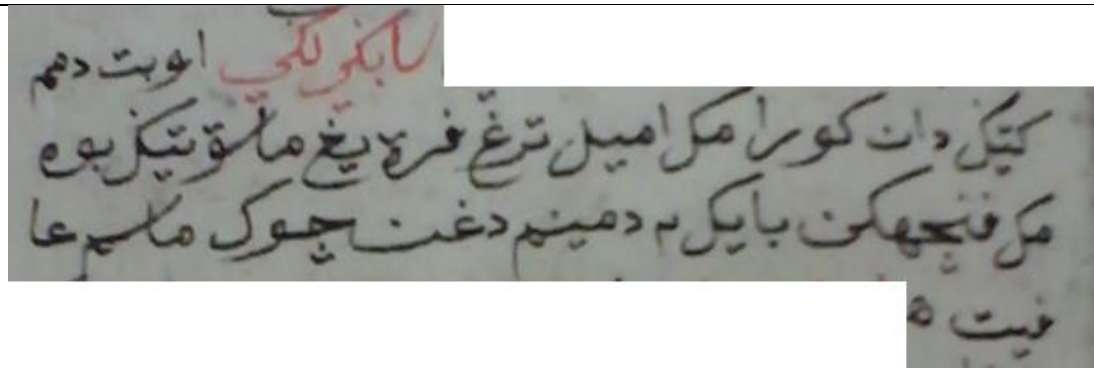
Ingredients:

| | |
|----------------------|------------|
| a. Senna Alexandrina | b. Vinegar |
|----------------------|------------|

Method of use:

The above remedy taken as a drink.

| | |
|--|--|
| 7. MSS 3147 [Kitab Tib. Petua. Azimat] [4r.135r] | Malaria causes fever (demam ketiak dan demam kura) |
|--|--|



Transliterasi:

Ambil terung perat yang masak tiga buah, maka pecahkan baik-baik, diminum dengan cuka masam, afiat.

Translation:

Take three the perfect ripe *Solanum Nigrums* (European black nightshade), then punch it until being crunched. Take it as a drink with vinegar. Insha Allah, will be recovered soonest.

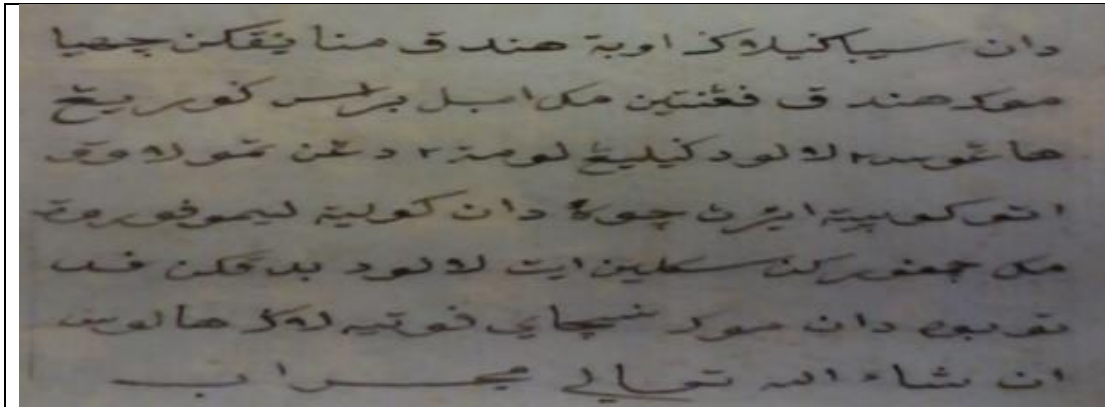
Ingredients:

| | |
|-------------------|------------|
| a. Solanum Nigrum | b. Vinegar |
|-------------------|------------|

Method of use:

Take the extracted water of the crunched solanum as a drink with vinegar.

| | |
|---|----------------------------|
| 8. MSS 3084 [Azimat. Kitab Tib. Petua] [5r.14v] | Glowing face for the bride |
|---|----------------------------|



Transliterasi:

Ambil beras goreng yang hangus-hangus lalu digiling lumat-lumat dengan temulawak atau kunyit, airnya cuka dan kulit limau purut, maka campurkan sekalian itu lalu dibedakkan pada tubuh dan muka, nescaya putih lagi halus.

Translation:

Take the burnt fried rice and ground it with crushed ginger or turmeric. Its' water is vinegar and kaffir lime skin. Mix it all and then rub it on the body and face. Insy Allah the skin and the face will be more white and smooth. Insy Allah the skin and the face will be more white and smooth.

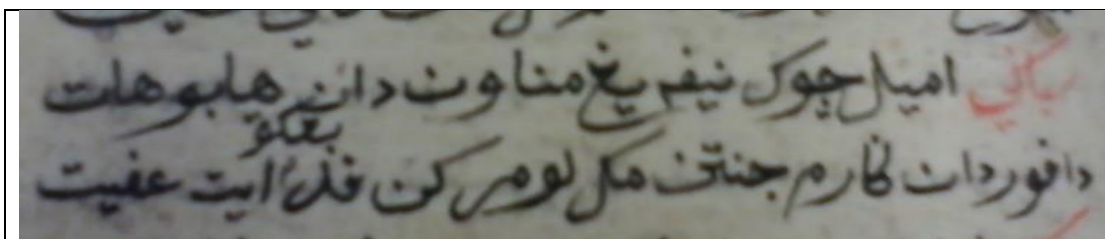
Ingredients:

| | | | | | |
|----|------------------|----|------------------|----|----------|
| a. | Burnt fried rice | b. | Ginger | c. | Turmeric |
| d. | Vinegar | e. | Kaffir lime skin | | |

Method of use:

The above remedy is taken as a powder for the skin and face.

| | | |
|----|---|----------|
| 9. | MSS 3147 [Kitab Tib. Petua. Azimat] [4r.136r] | Swelling |
|----|---|----------|



Transliterasi:

Ambil cuka nipa yang menawan dan abu hati dapur dan garam, jintan. maka lumurkan pada bengkak itu, afiat.

Translation:

Take the extract vinegar of nipa palm, the kitchen ashes, salt, and cumin. Rub this remedy on the swollen part of the body.

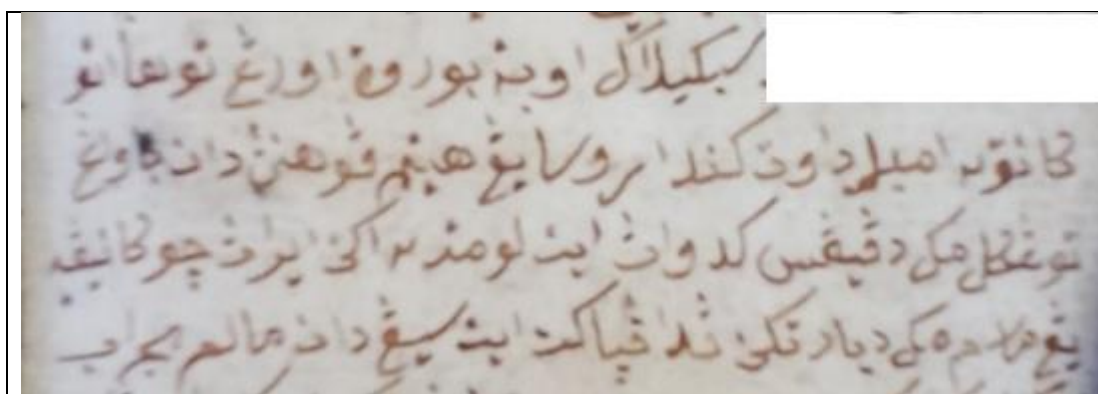
Ingredients:

| | | |
|------------------------------------|---------------------|---------|
| a. Extract vinegar of nipa palm | b. Kitchen ashes | c. Salt |
| d. Cumin | | |

Method of use:

Rub this above remedy on the swollen part of the body.

10. MSS 4031 [Azimat. Kitab Tib] [9r.13v] A hernia (*burut*) afflicts adults and children



Transliterasi:

Ambil daun gandarusa yang hitam pohonnya dan bawang tunggal, maka dipipis keduanya itu lumat-lumat akan airnya cuka nipah yang masam, maka diberatkan pada penyakit itu siang dan malam, mujarab.

Translation:

Take justicia gendarussa leaves which had a black tree and solo garlic. Pulverize and mix Both of them with vinegar. Take this remedy into the lower abdominal wall or the inguinal canal. Insyah Allah, will be recovered soonest.

Ingredients:

| | | |
|----------------------------------|----------------|------------|
| a. Justicia gendarussa leaves | b. Solo garlic | c. Vinegar |
|----------------------------------|----------------|------------|

Method of use:

Take this remedy into the lower abdominal wall or the inguinal canal.

Conclusion

- 1) Taking vinegar as a food flavored manifests balance of life and self-control in food consumption.
- 2) Vinegar mixed with honey is the favourite drink of the Prophet Muhammad (peace be upon him).
- 3) Taking vinegar is so close to the practice of *qanaah* (complacent).
- 4) The Malays believe that the vinegar which preserved for many years has a good quality to cure diseases such as constipation. Furthermore, vinegar cyanide is also the most important factor in the Malays remedy.
- 5) Malays believe that the mixed local herbs and vinegar can heal some diseases such as Syncope, constipation, vaginal tightness,

menstrual disorder and vaginal discharge, tooth decay, fever, malaria causes fever (demam ketiak dan demam kura), Glowing face for the

bride, swelling, A hernia (*burut*) afflicts adults and children etc.

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