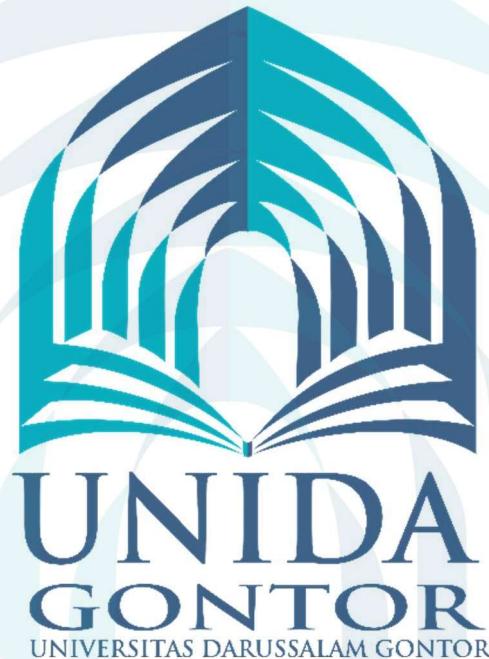


Term of “*An-Naum*” and “*subāta*” in the Qur'an and its Relevance on
Its Role in Human Detoxification: A Linguistic and Scientific Study



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Term of "*An-Naum* and *subāt*" in the Qur'an and its Relevance on
Its Role in Human Detoxification : A Linguistic and Scientific Study
UNDERGRADUATE THESIS

Presented to
University of Darussalam Gontor
In Partial Fulfillment of Requirement
For a Bachelor's Degree in the Department of Al-Qur'an and Tafsir
Studies

By:

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Supervisor:

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To Honorable,

Dean of Faculty of Ushuluddin

University of Darussalam Gontor-Ponorogo

Bismillāhirrahmānirrahīm

Assalamu'alaikum Warahmatullahi Wabarakatuh

It is my honor to present the thesis written by:

Name : Muhammad Hafidz Syaputra Utama

Reg. Number : 432022231175

The Title : Term of "*An-Naum* and *subātan*" in the Qur'an and its Relevance on Its Role in Human Detoxification : A Linguistic and Scientific Study

I declare that this thesis has been processed and corrected to fulfill the requirement for the degree of **Licentiate in Department of Al-Qur'an And Tafsir Studies** in the Faculty of Ushuluddin, University of Darussalam Gontor. Therefore, I request that the thesis be examined soon.

Wassalamu'alaikum Warahmatullahi Wabarakatuh

Ponorogo, 11th Jumadil Akhir 1447 H

2nd December 2025 M

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Supervisor,

(Dr. Ilham Habibullah, M.Ag.)

Bismillāhirrahmānirrahīm

Assalamu'alaikum Warahmatullahi Wabarakatuh

The Faculty of Ushuluddin, University of Darussalam Gontor-Ponorogo, Indonesia, has received a thesis written by:

Name : Muhammad Hafidz Syaputra Utama

Reg. Number : 432022231175

The Title : Term of "*An-Naum* and *subātan*" in the Qur'an and its Relevance on Its Role in Human Detoxification : A Linguistic and Scientific Study

I partial fulfillment of the requirement for the degree of Licentiate in Department of Al-Qur'an And Tafsir Studies in the Faculty of Ushuluddin, academic year 1446-1447/ 2025-2026.

Wassalamu'alaikum Warahmatullahi Wabarakatuh.

Ponorogo, 20th Jumadil Akhir 1447 H
8th December 2025 M



DECISION OF THE EXAMINER TEAM

The committee holds the thesis examination in partial fulfillment of the requirements for the degree of Licentiate in the Faculty of Ushuluddin, University of Darussalam Gontor, on:

Day/Date : Thursday, 11th December 2025 M

Place : Department of Al-Qur'an and Tafsir Studies Office

The thesis was written by:

Name : Muhammad Hafidz Syaputra Utama

Reg. Number : 432022231175

The Title : Term of "An-Naum and subātā" in the Qur'an and its Relevance on Its Role in Human Detoxification : A Linguistic and Scientific Study.

He decided to grant him a pass in the thesis examination. Hence, he is eligible to be awarded Licentiate in Department of Al-Qur'an and Tafsir Studies at the Faculty of Ushuluddin, University of Darussalam Gontor.

Chief of Examination Board,

Secretary,

Dr. Ilham Habibullah, M.Ag.

Mahmud Rifaanuddin, S.Ud.,M.Ag.

1st Examiner : Rochmad, M.A., Ph.D.

AP.
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2nd Examiner : Mahmud Rifaanuddin, S.Ud.,M.Ag.

AP.
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DECLARATION

I here by,

Name : Muhammad Hafidz Syaputra Utama

Reg. Number : 432022231175

Faculty/Department: Ushuluddin / Al-Qur'an and Tafsir Studies

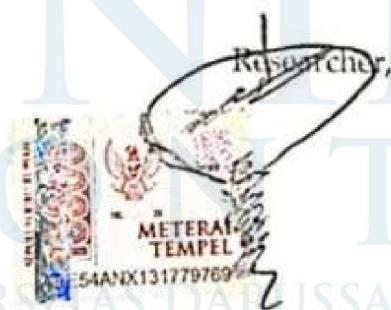
The Title : Term of "*An-Naum* and *subāta*" in the Qur'an
and it is Relevance on Its Role in Human
Detoxification : A Linguistic and Scientific Study

I declare sincerely that this thesis initially belongs to my work and does not belong to another researcher for a different degree. Furthermore, this thesis is not a work published before, except for some parts with their original references.

Otherwise, if it is found that this thesis is plagiarism, I am ready to be ceased academically.

Ponorogo, 20th Jumadil Akhir 1447 H

11th December 2025 M



(Muhammad Hafidz Syaputra Utama)

MOTTOES

من هدي القرآن الكريم

قَالَ اللَّهُ تَعَالَى فِي الْقُرْآنِ الْكَرِيمِ وَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا﴾ ٩

"We make your sleep restful."

~ Surah An-Naba' [78]: 9

هُوَ الَّذِي جَعَلَ لَكُمُ الْأَيْلَلِ لِبَاسًا وَالنُّوْمَ سُبَاتًا وَجَعَلَ النَّهَارَ
نُشُورًا ﴿٤٧﴾

"He made the night for you (as) clothing and sleep for rest. He made the day for
you to rise and strive.

~ Surah Al-Furqon[25]: 47

DEDICATION

Dedicate this thesis to:

*My beloved parents, my father Margid Utama and my mother Yuni Handayani—
your endless prayers, sacrifices, and guidance have been the foundation of my
life. May Allah bless you with Paradise and reward you abundantly for everything
you have done.*

*To my chubby little brother, Athillah Zain Utama, thank you for your love, support,
and constant encouragement throughout my life's journey.*

*To all my lecturers and my close friends, thank you for the knowledge, guidance,
and motivation you have given, which have illuminated my path.*

*This work is dedicated to all of you, with gratitude and prayers that Allah blesses
you in this world and in the Hereafter.*

*Jazāhumullāhu khayran wa bāraka fī a'mārihim wa rizqihim, wa jama'anā fī
jannāti an-na'im*

*"May Allah reward them with goodness, bless their lives and sustenance, and
reunite us in the Gardens of Paradise."*

ACKNOWLEDGMENT

Alhamdulillāh al-ladzī 'allama bi-l-qalam, 'allama l-insāna mā lam ya'lām, asyhadu anna lā ilāha ill-Allah, wa asyhadu anna Muhammadan 'abduhul-ladzī lā nabiyya ba'dahu, 'ammā ba'd.

Alhamdulillāh, All praises to Allah SWT, the Most Majesty, Merciful, and Beneficence, who has given us countless guidance of truth, an abundance of gifts, love, and true happiness. All hope is on Him. Shalawat and greetings are always poured out to our Prophet Muhammad *ṣalallāhu 'alayhi wa salām*, his family, and friends. He is the best mirror for treading the intricacies of life throughout the ages. Hopefully, in the future, we will be included in the ranks of the people you allow to feel the freshness of the Kautsar.

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3. Dear **Mr. Syamsul Hadi Untung, M.A., M.L.S.**, as the Dean of Faculty of Ushuluddin, University of Darussalam Gontor.

4. Dear Mr. Mahmud Rifanuddin, S.Ud., M.Ag., as the Head of Department Al-Qur'an and Tafsir Studies at University of Darussalam Gontor.
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6. All the lectures University Darussalam Gontor for their guidance during the writer studies at the University.

May Allah reciprocate a proportionate reward and bless them and may this humble thesis be valuable and useful for the readers, especially the writer/researcher.

Ponorogo, 11th Jumada al-Ula 1447 H
02nd December 2025 M

Sincerely yours,



(Muhammad Hafidz Syaputra Utama)

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