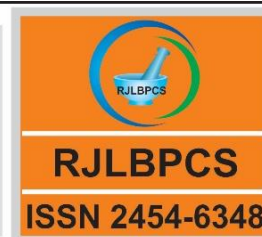




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**MEDICINAL PLANTS AND THEIR USES; MENTIONED IN THE
HOLY QURAN AND HADITH**

Habiba Sajid^{1*}, Salma Amir², Muhammad Imran¹

1. Department of Islamic studies, National College of Business administration and Economics, Bahawalpur Campus.
2. Department of Pharmacy Practice, The Islamia University, Bahawalpur.

ABSTRACT: Islam is the most comprehensive religion, which presents the elasticity to respond new technologies and a complete way for living. In Islam, ethical teachings of biomedical ethics are linked with Holy Quran and Prophet Muhammad (PBUH). The present study is a part of check list of medicinal plants and their uses enlisted in Holy Quran. Approximately; 14 Plant species belongs to different families were reported, having distinctive medicinal properties, chemical constitutions and their distribution pattern in the world. This study described a wide range of plants mentioned in the Holy Quran and Hadith to symbolize holy plants such as fig, olive, date palm, and pomegranate or aroma plant such as zinger, basil and nutritious plant such as onion and garlic. Centuries ago, Quran has mentioned the beneficial properties of many food stuffs, and today scientists have found a part of them through many studies, it helps to realize the greatness of God. It is concluded that herbal medicines are being widely used in the world because of better cultural accept ability, least injurious with none or much reduced side effects.

KEYWORDS: Medicinal Plants, Holy Quran, Islamic medicine, Medicinal Constituents and their uses.

Corresponding Author: Habiba Sajid*

Department of Islamic studies, National College of Business administration and Economics,
Bahawalpur Campus. Email Address: Habibasajid786786@gmail.com

1. INTRODUCTION

The Quran is regarded as both the spiritual and behavioral guidance for all Muslims [1-4]. Islamic medicine introduced from Hazrat Adam (Alaihe Salaam) and was completed at Hazrat Muhammad (PBUH) but discover and collecting of these medicine is still continual after the death of Holy

Prophet Muhammad (PBUH) throughout the world. Natural products have interesting and useful biological activities and they also perform various functions. Researchers are increasingly turning their attention toward natural products in order to develop better drugs against cancer, as well as viral and microbial infections [2-6]. 1400 years old, the holy Quran is the word of GOD as transmitted by the angel Gabrielle, in the Arabic language through Prophet Mohammed (PBUH). The religious book is actually available in many languages and divided into 114 surahs, or chapters and the surahs are conventionally assigned to two broad categories: those revealed at Mecca or Madina. All the surahs are divided into ayahs or verses. All the surahs themselves differ in length, ranging from the longest surah 2, with 282 verses to the three shortest (surahs 103, 108 and 110) each of them have three verses. The Holy Quran deals with several species of plants such as grapes, fig, ginger, cucumber, garlic, lentils and the toothbrush. Agricultural crops including the, grains, seeds and fodder, their reproductive and germination processes of the plant world are also stated. Islamic medicine initiated from Hazrat Adam (Alaihe Salaam) and was completed at Hazrat Muhammad (PBUH) but explore and compiling of these medicine is still continued after the death of Holy Prophet Muhammad (PBUH) throughout the world [7-8]. Al-Quran is one of the best reference books describing the importance of plants in different Surahs as in Al-Momeenoon, Al-Rehman, Al-Bakra and Al-Inaam. Our Holy Prophet (PBUH) used and recommended medicinal plants for various diseases and food [9]. The history of Islamic medicine started form second century of Hijra, Abdul Malik Bin Habib Undlasi compiled his first book “Tib-e-Nabvi”. In third century of Hijra, Muhammad Bin Abu Bakar Ibne Ulsani and Abu Naeem Isphani compiled their books on this subject. In the same era; other Muslim scholars like Ali bin Mossa Raza and Imam Kazim Bin Jaffar also worked on Islamic medicines. In the fourth century of Hijra; Muslims Scholars like Abi Jaffar Almustaghfiri, Zia uddin Almukadasi, Shams Uddin Albali, Kahal ibneTarkhan, Muhammad bin Ahmed Zahabi, Muhammad Abu Baker Alkaim, Jalal uddin Alseuoti and Abdul Razzaq Bin Mustafa Altanki did a great work in this field. The books written in this era “Alnabvi fee Mannaf al Makalat” by Abdul Razzaq Altanki is a good one. The other books which are best and still available are “Kanz ul amal Fee Sanan Walakwal” also provide us much more information about medicines of Holy Prophet (Salla llahu Alayhi Wasallama) [10]. These medicinal plants continue to be extensively used as major source of drugs for the treatment of many ailments. Present investigation does not mean that the plant and plant parts which are described in Holy Quran for medicinal purposes but described for other purposes. Holy Quran is considered to be the reference for the citation of these plants. The present research work is a part of check list of medicinal flora and their uses enlisted in Holly Quran. The present research work is a part of check list of medicinal plants and their uses enlisted in Holly Quran.

2. MATERIALS AND METHODS

The Holy Qur'an was the main source of this comprehensive study. The Holy Quran consists of 114 Surah (Chapter) and 6666 Verses. We studied the Holy Qur'an thoroughly and the Surah and verses were only selected if they indicated specific name of plants. This research work was conducted by reviewing the Holy Quran, Ahadith and Islamic books. Comprehensive and detailed information of plant species of ethnobotanical importance mentioned in the Holy Quran and Ahadith were collected from these sources. Plants species were arranged in systematic order of botanical names in alphabetic order followed by family, Quranic name, Arabic name, English name, habit and habitat, part used, medicinal uses and references cited from Holy Quran, Ahadith and Islamic books. Correct botanical names, their families and identification of plants were done by using flora of Pakistan. The identity of the selected plants were confirmed from existing literature such as, books, journal article, and family. The searching terms were "English name" or "botanical name" of a specific plant to find ethnomedicinal uses and pharmacological properties

3. RESULTS AND DISCUSSION

Existent findings were confined to 10 fruit plant species belonging to 10 genera of 9 families enlisted in Holy Quran, Ahadith and Islamic literature. The plant species are: *Citrullus lanatus*, *Cucumis sativus*, *Cydonia oblonga*, *Ficus carica*, *Olea europea*, *Phoenix dactylifera*, *Punica granatum*, *Salvadora persica*, *Vitis vinifera* and *Zizyphus mauritiana* which are used throughout the world for various aspects such as food, industrial products and vegetables. Data consists of the plant distribution, English name, common name, parts used, medicinal constituents, medicinal uses and references cited from Holy Quran.

1.1 *Ficus carica* Linn:



English Name: Common Fig

Arabic Name: Teen, Himaat

Urdu Name: Injeer Zard, Anjeer

Family: *Moraceae*

Distribution: Asia, Turkey, Egypt, Iran, Algeria, Morocco, Portugal,

Parts used: Roots, leaves and fruits

Medicinal Uses:

This is used in different disorders such as gastrointestinal (colic, indigestion, loss of appetite and

diarrhea), respiratory (sore throats, coughs and bronchial problems), inflammatory and cardiovascular disorders. Fig has been traditionally used for its medicinal benefits as metabolic, cardiovascular, respiratory, antispasmodic and anti-inflammatory remedy. The root is tonic, useful in leucoderma and ringworm. The fruit is sweet, antipyretic, tonic, purgative useful in inflammation, weakness, paralysis, thirst “*Vatta* diseases” of head, diseases of liver and spleen, pain in chest, cures piles, stimulate growth of hair. The milky juice is expectorant, diuretic, and dangerous for eye. Fig latex is used as an anthelmintic. The *Ficus carica* leaf has been reported hypoglycemic, hepatoprotective and latex reported the anthelmintic activity ^[11]. This plant is has significant variation in Iran [12].

References from Quran and Hadith:

By the fig and the olive! Sura 95 (Sura At-Tin (The Fig) , Verse 1)

Hazrat Abu Darda (Radi allahu Anhu) narrates that Rasullullah (Sallallahu Alayhi Wasallam) said, “Eat fig, for it cures the piles and is useful for rheumatism” [13].

Hazrat Abu Darda (Radi allaho Anho) narrates that someone presented the Prophet a plate of figs and he said, “Eat figs! If I would say a certain type of fruit was sent down to us from the heavens I would say it’s a fig because it has no seeds. It ends (cures) the piles and is useful for rheumatism” [14].

1.2 *Allium Sativum*:



English Name: Garlic

Arabic Name: at-thum

Urdu Name: Lehsun

Family: *Liliaceae*

Distribution: Cultivated throughout Egypt, Italy, France, India, Pakistan, China and USA

Parts used: Bulb

Medicinal Uses:

Garlic also has a long history of medicinal use for a wide variety of conditions and was once known as poor-man’s treacle (or cure-all). In folk medicine, garlic has been used to treat bronchitis and respiratory problems, gastrointestinal problems, flatulence, leprosy, menstrual cramps, high blood pressure, diabetes and has been used externally for warts, corns, arthritis, muscle pain, neuralgia and sciatica. Recently, science has begun to confirm some of garlic's long-standing medicinal uses. Garlic has been shown to lower blood cholesterol, blood pressure and blood sugar in studies and

clinical trials and has also demonstrated anti-cancer, antibacterial, anti-fungal and anti-oxidant effects [15]. Garlic contains compounds that are antibacterial, antifungal and reduce blood clotting. In order for the active ingredient that gives garlic its characteristic odor and its therapeutic effects to be released, the garlic clove must be cut or crushed. This releases an enzyme that causes the formation of allicin, the component responsible for garlic's odor and medicinal activity.

References from Quran and Hadith:

And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing. (Sura Al-Baqarah (The Cow), Verse 61).

Hazrat Abu Darda (RadiallahoAnho) narrates that Rasullullah (SallallahuAlayhiWasallam) said, "Eat fig, for it cures the piles and is useful for rheumatism" [13].

Hazrat Abu Darda (RadiallahoAnho) narrates that someone presented the Prophet a plate of figs and he said, "Eat figs! If I would say a certain type of fruit was sent down to us from the heavens I would say it's a fig because it has no seeds. It ends (cures) the piles and is useful for rheumatism" [14].

1.3 *Allium Cepa*:



English Name: Onion

Arabic Name: Basal

Urdu Name: Piaza

Family: *Liliaceae*

Distribution: India, Pakistan, China, Russia, America and Europe

Parts used: Rhizome, leaves and seeds

Medicinal Uses:

Allium cepa L. has been cultivated and used as a nutrient for more than 6000 years. Fresh onion juice is often recommended in folk medicine of various countries for pain and swelling after bee or wasp stings, which are followed by an allergy-induced reaction of the skin. The observed inhibitory

effects of onion extracts on those kind of cutaneous reactions led to the discovery of anti-inflammatory and anti-asthmatic thiosulphinates and cepaenes. The Egyptian papyrus Ebers mentions onion containing remedies against worm infections, diarrhea, and other infectious and inflammatory ailments. These and other prescriptions from traditional medicine have prompted several investigators in the second part of the last century to test onion extracts or onion oils for antimicrobial activities suppressing the growth of intestinal worms, fungi and bacteria both in vivo and in vitro [16].

References from Quran and Hadith:

And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing. (Sura Al-Baqarah (The Cow), verse 61)

Muslim (567) narrated that 'Umar (may Allah be pleased with him) said: "O people, you eat two plants which I find to be nothing but repugnant, this onion and garlic. I remember the Messenger of Allah (blessings and peace of Allah be upon him), if he noticed their smell coming from a man in the mosque, he would issue orders that he taken out to al-Baqee'. Whoever eats them, let him cook them to death".

1.4 *Lens Culinaris*:



English Name: Lentil

Arabic Name: Adas

Urdu Name: Dal Masur

Family: *Leguminosae*

Distribution: Cultivated throughout the colder parts of India, Pakistan, Srilanka, Nepal and Bangladesh

Parts used: Seeds which contains proteins, vitamin-B, tricetin, luteolin, kaempferol, glycoside, 3,4,7 –trihydroxyflavone, proanthocyanidines, diglycosylphinidine.

Medicinal Uses:

Lens culinaris (Lentil) belongs to family *Leguminaceae*. It contains 26.64% protein, 54.97% carbohydrates, 0.43% fat, 49.11% starch per 100 g (dry) and 197 mg calcium, 53.2 mg sodium, 53.0 mg iron per kilograms [17]. Used in astringent, constipating, diuretic, antibacterial, Diarrhea, dysentery, tumors, used for skin disease and general debility.

References from Quran:

And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing. (Sura Al-Baqarah (The Cow), verse 61)

1.5 *Cucumis Sativus*:

English Name: Cucumber

Arabic Name: Qissa, Khiarun

Urdu Name: Khira

Family: Cucumber (*Cucumissativus L.*), which belongs to the *Cucurbitaceae* [18].

Distribution: Cultivated throughout the tropical and sub-tropical countries of the world

Parts used: Fruits

Fruit contain rutin. Seeds contain glucosides including cucurbitaside. Leaves contain free cucurbitasides B and C, ferredoxin, alpha-apinasterol. Flowers contain free and bound sterols, also proteolytic enzymes, ascorbic acid oxidase, and succinic and malic dehydrogenase.

Medicinal Uses:

The Cucumber is a herbal plant rusticated with greenish as of stem and acute branches and aspires, leaves of waxes triangular acute, unisexual flowers, yellow, solitary (male) or in bunches, it originating in Southeast Asia. As active principle stand out carbohydrates, proteins and fats, salts of potassium, phosphorus, calcium, magnesium and sodium iron, vitamins A, B1, B2 and C. The cucumber gives a remarkable anti-angiogenesis and anti-tumor activity. In popular medicine is given as a sedative and diuretic, anti-rheumatic and somniferous has tonifying action of the liver and

kidneys. Excellent due to its properties which tonifying hair, nails and skin, and anti-inflammation of the eyes. It is a good appetite stimulant when used earlier to meal. Vouldoukis et al (2004) described that, the antithrombotic effect of a glicosaminoglycan extracted from the seeds of cucumber [19].

References from Quran and Hadith:

And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing. (sura Al-Baqarah (The cow), verse 61)

Narrated Abdullah bin Ja'far (RadiyallahuAnhu): I saw Allah's Apostle (SallallahuAlayhiWasallam) eating fresh dates with cucumber [Bukhari, Muslim, Tirmizi, Ibne Maja [20].

Abdullah bin Ja'far (RadiyallahuAnhu) reported: I saw Allah's Messenger (SallallahuAlayhiWasallam) eating cucumber with fresh dates [13].

Narrated Aisha, Ummul Mu'minin (RadiyallahuAnha): My mother intended to make me fat to send me to the (house of) the Apostle of Allah (SallallahuAlayhiWasallam). But nothing which she desired benefited me till she gave me cucumber with fresh dates to eat. Then I became very fat [20].

1.6 *Olea Europeae*



English Name: Olive

Arabic Name: Zaiytoon

Urdu Name: زیتون

Family: *Oleaceae*

Distribution: Found in Central Asian countries

Parts used: Fruit and oil.

Medicinal Uses:

The medicinal uses of different parts of *Olea europaea*. Olive oil was recognized as an important component of a healthy diet. Several epidemiological studies have shown that the incidence of coronary heart disease and certain cancers is low in the Mediterranean basin where the diet is rich

in olive products. Historically, olive leaves have been used as a folk remedy for combating fevers and other diseases such as malaria. Previous studies showed that some extracts of this product decreased blood pressure in animals and increased blood flow in coronary arteries, relieved arrhythmia, and prevented intestinal muscle spasms. A phytochemical investigation reported that oleuropein was isolated from the leaves of *Olea europaea*. This compound is known for possessing a wide range of pharmacologic and health promoting properties including anti-arrhythmic, spasmolytic, immune stimulant, cardio protective, hypotensive, antihyperglycemic, antimicrobial, and anti-inflammatory effects [21].

References from Quran and Hadith:

And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe. (Sura Al-An am (The Cattle), verse 99)

And He it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and pomegranates, similar and dissimilar. Eat of [each of] its fruit when it yields and give its due [zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess. (Sura Al-An am (The Cattle), verse 141)

He causes to grow for you thereby the crops, olives, palm trees, grapevines, and from all the fruits. Indeed in that is a sign for a people who give thought. (Sura An-Nahl (The Bee), verse 11)

And [We brought forth] a tree issuing from Mount Sinai which produces oil and food for those who eat. (Sura Al-Muminun (The Believers), verse 20)

Allah is the Light of the heavens and the earth. The example of His light is like a niche within which is a lamp, the lamp is within glass, the glass as if it were a pearly [white] star lit from [the oil of] a blessed olive tree, neither of the east nor of the west, whose oil would almost glow even if untouched by fire. Light upon light. Allah guides to His light whom He wills. And Allah presents examples for the people, and Allah is knowing of all things. (Sura An-Nur (The Light), verse 35).

And olive and palm trees. (Sura Abasa (He Frowned), verse 29).

By the fig and the olive. (Sura At-Tin (The Fig), verse 1) and [by] Mount Sinai (Sura At-Tin (The Fig), verse 2).

Hazrat Abu huraira (R.A.) narrated that Rasullullah (SallallahuAlayhiWasallam) said “Eat the olive oil and massage it over your bodies since it is a holy (mubarak) tree” [13].

Hazrat Alqama Bin Amir (R.A) narrates that Prophet (SallallahuAlayhiWasallam) said, “There is olive oil for you, eat it, massage over your body, since it is effective in Hemorrhoids (Piles)” [13].

Hazrat Aqba Bin Amir (R.A) narrates that the Prophet (SallallahuAlayhiWasallam) stated, “You have the olive oil from this Holy (Mubarak) tree, treat yourself with this, since it cures the Anal

fissure (Basoor)” [22].

Hazrath Abu Hurairah (R.A) narrates that the Prophet (SallallahuAlayhiWasallam) stated, “Eat the olive oil and apply it (locally), since there is cure for seventy diseases in it, one of them is Leprosy” [13,23].

Khalid Bin Saad (R.A.) narrates, “I came to Madinah with Ghalib Bin Al Jabr. Ghalib became ill during the journey. Ibn Abi Ateeq came to see him and told a narration from Hazrat Aisha(R.A.) that the Prophet (SallallahuAlayhiWasallam) told about the cure in Kalonji. We crushed a few seeds of Kalonji and mixed it with olive oil and dropped in both nostrils, after which Ghalib became healthy” [23].

Hazrat Zaid Bin Arqam (R.A) narrates, “ We have been directed by the Prophet (SallallahuAlayhiWasallam) that we should treat the Pleurisy with Qust-e-Behri (Qust Sheerin) and olive oil” [23].

1.7 *Phoenix Dactylifera*:



English Name: Date or Date palm

Arabic Name: Nahal, Balah, Tammar, Rutab

Urdu Name: Kharjur

Family: *Arecaceae*

Distribution: A native of North America, Egypt & Arabic; now cultivated in Pakistan and India

Parts used: Leaves, flowers, fruits, seeds.

Medicinal Uses:

Date palm (*Phoenix dactylifera* L.) is one of the earliest cultivated tree crop. pleasant flavor, odor and their biting texture in addition to their use for flavoring foods, beverages and medication. Minerals are critical for enzyme activation, gene expression, bone formation, hemoglobin composition and amino acid, lipid along with carbohydrate metabolism. Minerals are also required for normal cellular functions. Certain inorganic mineral elements (K, Zn, Ca and traces of Cr etc.) play an important role in the maintenance of normal glucose tolerance and in the release of insulin from beta islets of Langerhans [24]. Aphrodisiac, expectorant, febrifuge, purgative, aphrodisiac, cooling, diuretic, appetizing, digestive, intoxicating.

References from Quran and Hadith:

Would one of you like to have a garden of palm trees and grapevines underneath which rivers flow

in which he has from every fruit? But he is afflicted with old age and has weak offspring, and it is hit by a whirlwind containing fire and is burned. Thus does Allah make clear to you [His] verses that you might give thought. (Sura Al-Baqarah (The Cow), verse 266)

And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe. (Sura Al-An am (The Cattle), verse 99)

And He it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and pomegranates, similar and dissimilar. Eat of [each of] its fruit when it yields and give its due [zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess. (Sura Al An am (The Cattle), verse 141)

And within the land are neighboring plots and gardens of grapevines and crops and palm trees, [growing] several from a root or otherwise, watered with one water; but We make some of them exceed others in [quality of] fruit. Indeed in that are signs for a people who reason. (Sura Ar-Rad (The Thunder), verse 4)

He causes to grow for you thereby the crops, olives, palm trees, grapevines, and from all the fruits. Indeed in that is a sign for a people who give thought. (Sura An-Nahl (The Bee), verse 11)

And from the fruits of the palm trees and grapevines you take intoxicant and good provision. Indeed in that is a sign for a people who reason. (Sura An-Nahl (The Bee), verse 67)

Or [until] you have a garden of palm trees and grapes and make rivers gush forth within them in force [and abundance]. (Sura Al-isra (The Night Journey), verse 91)

And present to them an example of two men: We granted to one of them two gardens of grapevines, and We bordered them with palm trees and placed between them [fields of] crops. (SuraAl-Kahf (The Cave), verse 32)

And the pains of childbirth drove her to the trunk of a palm tree. She said, "Oh, I wish I had died before this and was in oblivion, forgotten." (Sura Maryam (The Mary), verse 23)

And shake toward you the trunk of the palm tree; it will drop upon you ripe, fresh dates. (Sura Maryam (The Mary), verse 25)

[Pharaoh] said, "You believed him before I gave you permission. Indeed, he is your leader who has taught you magic. So I will surely cut off your hands and your feet on opposite sides, and I will crucify you on the trunks of palm trees, and you will surely know which of us is more severe in [giving] punishment and more enduring." (Sura Taha, verse 71)

And We brought forth for you thereby gardens of palm trees and grapevines in which for you are abundant fruits and from which you eat. (Sura Al-Muminun (The Believers), verse 19)

And fields of crops and palm trees with softened fruit? (Sura Ash-shuara (The Poets), verse 148)

And We placed therein gardens of palm trees and grapevines and caused to burst forth some springs.

(Sura Yasin, verse 34)

And lofty palm trees having fruit arranged in layers. (Sura Qaf (The Letter "Qaf), verse 10)

Extracting the people as if they were trunks of palm trees uprooted. (Sura Al-Qamar (The Moon), verse 20)

Therein is fruit and palm trees having sheaths [of dates]. (Sura Ar-Rahman (The Beneficent), verse 11)

In both of them are fruit and palm trees and pomegranates. (Sura Ar-Rahman (The Beneficent), verse 68)

He unleashed it upon them for seven nights and eight days, violently. You could see the Which Allah imposed upon them for seven nights and eight days in succession, so you would see the people therein fallen as if they were hollow trunks of palm trees. (Sura Al-Haqqah (The Reality), verse 7)

And olive and palm trees. (Sura Abasa (He Frowned), verse 29)

Hazrat Abdullah bin Umar (RadiyallahuAnhuma) narrated that The Rasulullah (SallallahuAlayhiWasallam) said, "There is a tree among the trees which is similar to a Muslim (in goodness). Its leaves do not fall. What is that tree? The Prophet (SallallahuAlayhiWasallam) himself said, "that is the date palm tree" [13,23].

Hazrat S'ad bin Abi Waqas (R.A) narrated that Rasulullah (SallallahuAlayhiWasallam) said, "He who eats seven dates of Madina (Ajwa dates) every morning, will not be affected by poison and magic on the day he eats them" [13,23].

Hazrat Abdullah bin Abbass (RadiyallahuAnhuma) narrated that the Prophet (SallallahuAlayhiWasallam) said, "The 'Ajwah is from Paradise and it is an antidote against poison. The Kamah (truffles) is a type of Manna and its water (extract) cures the eye [22,13].

Abdullah ibn Jaafar (Radiyallahuanhu) says, "I saw Rasulullah (SallallahuAlayhiWasallam) eating *Qith'a (cucumbers or snake cucumber) with fresh dates" [13].

Hazrat Aisha (RadiyallahAnha) reports that, "Rasulullah (SallallahuAlayhiWasallam) ate watermelon with fresh dates" [13].

1.8 *Punica granatum*:



English Name: Pomegranate

Arabic Name: ar-rumman

Urdu Name: Anar

Family: *Punicaceae*

Distribution: Central Asia, The Caucasus, south-west Asia and the Mediterranean

Parts used: Bark, root, flower, fruit. Bark contain alkaloids. Root: alkaloids, pseudo-palletierine, palletierine, isopalletierine, methyl palletierine. Flower: sitosterol, tanins – punicalagin & punicalin. Fruits: Mannose, Galactose, rhamnose, arabinose, glucose, galactouronic acid

Medicinal Uses:

Punica granatum as such bears long history for medicinal use. Many studies have shown roots to have effective anthelmintic properties. It is known to have anti-microbial property against *Salmonella typhi* and *Vibrio cholera*, the parasite *Giardia* and as well as amoeba and includes some viruses too. In particular the peel extract of *Punicagranatum* has extensively been studied for its antioxidant activity, cytotoxic activity, hypoglycemic activity, hepatoprotective activity and anti-inflammatory activity [25].

Punicagranatum used as anti-parasitic agent, a blood tonic, and to heal aphtae, diarrhoea and ulcers. In the Unani system, practiced in the Middle East and India, and according to the same review, pomegranate was described also a remedy for diabetes. A recent review reported the chemical constituents of diverse parts of *P. granatum* as well as their potential for prevention and treatment of inflammation and cancer. The authors refer that in pericarp, leaf and flower can be detected phenols (flavonoids and tannins) being some of them unique. Complex polysaccharides have also been detected and characterized in the peels [26].

References from Quran and Hadith:

And it is He who sends down rain from the sky, and we produce thereby the growth of all things. We produce from it greenery from which we produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe. (Sura Al-An am (The Cattle), verse 99) And He it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and pomegranates, similar and dissimilar. Eat of [each of] its fruit when it yields and give its due [zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess. (Sura Al-An am (The Cattle), verse 141)

In both of them are fruit and palm trees and pomegranates. (Sura Ar-Rahman (The Beneficent), verse 68)

Hazrat Anas bin Malik (RadiyallahuAnhu) narrated that the Prophet (SallallahuAlayhiWasallam) said, "There is not a pomegranate which does not have a pip from one of the pomegranates of the Garden (of Jannah) in it" [13,23].

Hazrat Ali bin Abi Talib (RadiyallahuAnhu) narrated that the Prophet (SallallahuAlayhiWassallam)

said, "Pomegranate and its rind strengthen digestion (stomach)" [23].

1.9 *Alhagi Maurorum*:



English Name: Camel Thorn

Arabic Name: Al-Agool, ShoukAljemal, Hai, Agool,

Urdu Name: Janasa

Family: *Leguminosae*

Distribution: All over the World

Parts used: Leaves, stem, flower, seeds, roots, whole plant

Medicinal Uses:

Alhagi maurorum, a member of family *Leguminosae*. Is used in folk medicine as a remedy for rheumatic pains, bilharzias, liver and urinary tract inflammation and for various types of gastrointestinal discomforts. Recently these plants are proved to have antidiarrheal activity and induce relaxation of the smooth muscle and anti-nociceptive effect [27]. Its flowers are used to treat piles, migraine, and warts. Oil from the leaves is used in the treatment of rheumatism. Locally, water extracts of its roots are used to enlarge the ureter and to remove kidney stones [28]. The whole plant is diaphoretic, diuretic, expectorant and laxative. An oil from the leaves is used in the treatment of rheumatism. The flowers are used in the treatment of piles.

References from Quran:

And We shaded you with clouds and sent down to you manna and quails, [saying], "Eat from the good things with which We have provided you." And they wronged Us not - but they were [only] wronging themselves. (Sura Al-Baqarah (The cow), verse 57)

O Children of Israel, We delivered you from your enemy, and We made an appointment with you at the right side of the mount, and We sent down to you manna and quails. (Sura Taha , verse 80)

And We divided them into twelve descendant tribes [as distinct] nations. And We inspired to Moses when his people implored him for water, "Strike with your staff the stone," and there gushed forth from it twelve springs. Every people knew its watering place. And We shaded them with clouds and sent down upon them manna and quails, [saying], "Eat from the good things with which We have provided you." And they wronged Us not, but they were [only] wronging themselves. (Sura Al-Araf (The Heights), verse 160)

“height Bani-Israel, we rescue you from enemies and put your resort in Toor Mountain, and send

for you, Alhagi and quail as gifts". (Sura Taha (verses. 80–81):

1.10 *Zingiber Officinale*:



English Name: Ginger

Arabic Name: Zanjabil

Urdu Name: Adrak

Family: *Zingiberaceae*

Distribution: Bangladesh, Yaman, Oman, Seralone, India and Pakistan

Parts used: Fruit

Medicinal Uses:

Zingiber Officinale (Roscoe), commonly known as ginger, belonging to the family *Zingiberaceae* is a familiar dietary spice attributed with several medicinal properties. *Z. officinale* has a long history of use in ailments such as nausea, respiratory disorders, cardiovascular health and rheumatic disorders. *Z. officinale* also has immunomodulatory properties and is reported to inhibit various inflammatory mediators such as prostaglandins and pro-inflammatory cytokines [29].

Ginger as an anti-inflammatory agent, while that of dealt with the cancer prevention properties of the crude drug. The actions of ginger as a post-operative anti-emetic substance were the subject [30].

References from Quran:

And they will be given to drink a cup [of wine] whose mixture is of ginger (Sura Al-insan (The Man), verse 17)

And they will be given to drink there of a cup (of wine) mixed with *Zanjabil* (ginger), A spring there called *Salsabil*. (Ad-Dahr, Ayah 17-18)

1.11 *Musa Paradisiaca*:



English Name: Banana

Arabic Name: Mawz

Urdu Name: kaylaa

Family: *Musaceae*

Distribution: India, Pakistan, Philippines, China, Egypt, Thailand, African region

Parts used: Fruit, Flowers, Stem, Root and leaves

Medicinal Uses:

The banana plant (*Musa paradisiaca*) has been reported to have some coccidiostatic properties. The family *Musacea* is greatly used as a source of food. Bananas are a good source of vitamins A, B, and C, and they also have a high content of carbohydrates and potassium^[31].

References from Quran:

And [banana] trees layered [with fruit]. (Sura Al-Waqiah (The Inevitable), verse 29)

1.12 *Vitis vinifera*:



English name: Grape

Arabic name: Inab

Urdu name: Angoor

Family: *Vitaceae*

Distribution: Asia, North America and Europe under subtropical, Mediterranean

Part used: Fruits, leaves.

Medicinal Uses:

The common grape *V. vinifera* is a historically important plant. Resveratrol, a non-flavanoid biomolecule is found in significant quantities in red wine and has been reported to possess antioxidant, anti-inflammatory and anticancer properties. Additionally, the topical application of a high resveratrol from grape seed extract was shown to accelerate wound healing in mice, which was attributed to modulation of the redox - sensitive processes that drive dermal tissue repair. It has been proposed that alkaloids and terpenoids may provide astringent, antifungal or antimicrobial properties that may be of benefit to the progression of the wound healing cascade. Anthocyanins, leucoanthocyanins and other polyphenols have been demonstrated to have significant antioxidant properties which also can be of benefit in the progression of wound healing [32].

References from Quran:

And grapes and herbage. (Sura Abasa (He Frowned), verse 28)

Or [until] you have a garden of palm trees and grapes and make rivers gush forth within them in force [and abundance]. (Sura Al-isra (The Night Journey), verse 91)

Would one of you like to have a garden of palm trees and grapevines underneath which rivers flow in which he has from every fruit? But he is afflicted with old age and has weak offspring, and it is hit by a whirlwind containing fire and is burned. Thus does Allah make clear to you [His] verses that you might give thought. (Sura Al-Baqarah (The cow), verse 266)

And within the land are neighboring plots and gardens of grapevines and crops and palm trees, [growing] several from a root or otherwise, watered with one water; but We make some of them exceed others in [quality of] fruit. Indeed in that are signs for a people who reason. (Sura Ar-Ra'd (The Thunder), verse 4)

He causes to grow for you thereby the crops, olives, palm trees, grapevines, and from all the fruits. Indeed in that is a sign for a people who give thought. (Sura An-Nahl (The Bee), verse 11)

And from the fruits of the palm trees and grapevines you take intoxicant and good provision. Indeed in that is a sign for a people who reason. (Sura An-Nahl (The Bee), verse 67)

And present to them an example of two men: We granted to one of them two gardens of grapevines, and We bordered them with palm trees and placed between them [fields of] crops. (Sura Al-Kahf (The Cave), verse 32)

And We brought forth for you thereby gardens of palm trees and grapevines in which for you are abundant fruits and from which you eat. (Sura Al-Muminun (The Believers), verse 19)

And We placed therein gardens of palm trees and grapevines and caused to burst forth therefrom some springs. (Sura Ya-Sin, verse 34)

Gardens and grapevines. (Sura An-Naba (The Tidings), verse 32)

1.13 *Zizyphus mauritiana*:



English Name: Indian jujube

Arabic Name: Nabaq, Sidar

Urdu Name: Ber, Beri

Distribution: India, Pakistan, Afghanistan, China, Ceylon, Australia, Tropical Africa

Family: *Rhamnaceae*

Parts used: Fruit, leaves, wood.

Medicinal Uses:

Jujube is both a delicious fruit and an effective herbal remedy. It aids weight gain, improves muscular strength and increases stamina. In Chinese medicine, it is prescribed as a tonic to

strengthen liver function. It functions as antidote, diuretic, emollient and expectorant. The leaves are astringent and febrifuge. Also, said to promote hair growth. The dried fruits are anodyne, anticancer, pectoral, refrigerant, sedative, stomachache, styptic and tonic. They are considered to purify the blood and aid digestion. They are used internally in the treatment of chronic fatigue, loss of appetite, diarrhea, anemia, irritability and hysteria. The seed is hypnotic, narcotic, sedative, stomachache and tonic. It is used internally in the treatment of palpitations, insomnia, nervous exhaustion, night sweats and excessive perspiration. The root is used in the treatment of dyspepsia. A decoction of the root has been used in the treatment of fevers. The root is made into a powder and applied to old wounds and ulcers. The plant is a folk remedy for anemia, hypertonia, nephritis and nervous diseases. The fruits are applied on cuts and ulcers and also employed in pulmonary ailments and fevers. The leaves are applied as poultices and are helpful in liver troubles, asthma and fever [33-35].

References from Quran:

But they turned away (from the obedience of Allah), so We sent against them Sail Al- Arim (flood released from the dam), and We converted their two gardens into gardens producing bitter bad fruit, and tamarisks, and some few lote- trees. (Saba, Ayah 16).

1.14 *Lagenaria Siceraria*:



English Name: Bottle Gourd

Arabic Name: Garra

Urdu Name: Looki

Distribution: Africa, Asia, Europe, America

Family: *Cucurbitaceae*

Parts used: Fruit, Seed

Medicinal Uses:

Lagenaria siceraria (Molina) Standley (family *cucurbitaceae*), commonly known as lauki (Hindi) and bottle gourd (English), is a medicinal plant and utilizable species. *Lagenaria siceraria* fruit is traditionally used for its cardio protective, cardiotonic, general tonic and aphrodisiac properties. It is also used in treatment of various allergic and inflammatory disorders like bronchial asthma, rhinitis, bronchitis and rheumatism. Various extracts of fruits of *Lagenaria siceraria* were found to

have anti-inflammatory, analgesic, hepatoprotective, antihyperlipidemic, diuretic and antibacterial activities. Methanol extract of fruits was found to contain flavonoids, saponins, tannins, carbohydrates and terpenoids. A novel ribosome inactivating protein, lagenin has been isolated from seeds of *Lagenaria siceraria*. Fruits are reported to contain more soluble dietary fibers than insoluble cellulose fibers⁴. The fruits are considered as good source of vitamin C, β -carotene, vitamin B-complex, pectin and also contain highest choline level- a lipoprotic factor. Few of these primary and secondary metabolites have been implicated in the reported uses of *Lagenaria siceraria* fruits. Previously we have reported the immunomodulatory activity of ethyl acetate and n butanol soluble parts of the successive methanol extract of *Lagenaria siceraria* fruits and immunomodulatory activity of purified saponin mixture extracted from fruit of *Lagenaria siceraria* [36].

References from Quran:

And We caused to grow over him a gourd vine. (Sura As-Saffat (Those who set the Ranks), verse 146)

4. CONCLUSION

Today, scientific medical studies have demonstrated that fruits (Banana, Fig, Olive, Date, Pomegranate and Grape) are useful and necessary for health. Quran, the Muslims' Holy Book, has noted this important matter and has introduced these fruits in different verses. According to the reviewed studies, in Quran God has paid special attention toward therapeutic and beneficial properties of food stuffs. Holy Quran says: "He sends down water from the sky, and with it we bring forth the plant of everything. From these we bring forth green foliage and composite grain, palm trees laden with clusters of dates within reach, vineyards and olive groves and pomegranates alike and unlike. Behold their fruits when they bear fruit and ripen. Surely here are signs for a nation who believe". According to Holy Quran, believers are the most competent people to use divine blessings, such as clean foods. Centuries ago, Quran has mentioned the beneficial properties of many food stuffs, and today scientists have found a part of them through many studies, it helps to realize the greatness of God. Finally, more consumption of these fruits with properties for health care is recommended. It is concluded that herbal medicines are being widely used in the world because of better cultural acceptability, least injurious with none or much reduced side effects.

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CONFLICT OF INTEREST

Authors have no any conflict of interest.

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