

# Ethnomedicinal Effects of Plants and, Herbs Mentioned in Holy Quran and, Hadith

Mehreen Aslam

MS Community Health & Nutrition

Combined Military Hospital, Rawalpindi

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## Abstract

The present research work is conducted to study the plants, fruits, herbs, and, all edibles enlisted in Holy Qur'ān, Aḥādith that have been used by Islamic culture and, their health benefits. This paper aims to assemble the latest information about some medicinal edibles and, sunnah foods. In the vision of the significance of this study ample data was thoroughly collected from Holy Qur'ān, Aḥādith's records, Islamic history, and, records on the Islamic medicines as well as electronic databases. Current findings are limited to 25 medicinal plants species. Results were systematically arranged of each plant by their English name, along with the botanical names and, local names, medicinal uses, and, references cited from Holy Holy Qur'ān, Aḥādith, and, Islamic books in view of latest scientific research studies. It has been proved that Eras ago, Holy Qur'ān has cited the valuable resources of many foodstuffs, and, nowadays scientists have established a portion of them through many studies, which helps to appreciate the vastness of Allah. The paper concludes that the Qur'ān has cited the treasured properties of many foods in preventing diseases, today researchers have recognized a part of them through many experiments, it helps to apprehend the greatness of Allah.

**Keywords:** fruits, herbs, medicinal Islamic foods

## **Introduction:**

Cure of the diseases through medicinal foods has been preaching of Islam. Islam is a religion that provides directions on every facet of life, it stresses its followers to maintain their health and, wellness. Health is the second most important blessing that Allah has bestowed on mankind as narrated in the Hadith:

*“Ask Allah for forgiveness and, health, for after being granted certainty, one is given nothing better than health”<sup>1</sup>*

The Holy Quran describes medicines into 3 categories.<sup>2</sup> The first category reflects the creation of man (development from embryo to baby), reasons for human disease, the association between physical diseases and, death. The second category is promoting personal health, environmental hygiene, and, prevention from diseases. The third category is about preventing health issues by paying attention to food, not wasting food, avoidance of eating harmful animal meat and, alcohol.<sup>3</sup> The Qur'an leads men to the road of spiritual, mental, and, physical wellbeing, but Qur'an also demonstrates the way to the science of creation and, urges him to explore it. The history of Islamic medicine started from Hazrat Adam (AS.) and, was accomplished at Prophet Muhammad (PBUH) but exploration and, accumulation of these medicines are still persistent all over the world. Herbal medicines are being utilized by approximately 80% globally, principally developing countries to cure basic ailments because of well cultural tolerability and, dependency and, fewer side effects These medicinal foods have been used in different cultures for the treatment of many ailments.

## **Research Question**

This paper aims to assemble the latest information about certain medicinal edibles and, sunnah foods and, highlight their importance considering modern Science.

## **Literature Review**

Many times in Holy Quran and, Ahadith the importance of a balanced diet is highlighted.

## **Balanced Diet**

Quran directly or indirectly points to main food groups and, emphasizes using all food groups, as follows:

S. No.	Food	Name of Sūrah
1.	Bread and, grains	(Abasa/25, Al-Anam/ 66, 141, and,

		142)
2.	Fruits and, vegetables	(Abasa/ 31, An-Nahl/ 69, Mu'minun/ 19, Al-Waqi'ah/20, Sa'ffat/ 147)
3.	Date	(Al-An'am/ 141, Ra'ad/ 4, An-Nahl/ 6, Shoa'ra/ 148)
4.	Meats and, their types in details	(Al-Ana'm and, An-Nahl/ 5, 66)
5.	poultry meats	(Al-Waqi'ah)
6.	Beans	(Abasa/ 27)
7.	fishes and, Halal marine foods	(An-Nahl/ 13, 14, Maidah/ 96)
8.	Milk and, Dairy products	(An-Nahl/66 and, Mumin'un)

**Table 1: Food Groups in Holy Quran<sup>4</sup>**

Nutritionists suggest that a healthy, balanced diet provides at least 50% of energy from carbohydrates, 35% from fat, and, 15% from protein. The food pyramid classifies foods into five or six groups. Human is omnivorous which is the combination of animal and, vegetable foods and, extravagance and, wastage in both diets can damage the human body irreversibly.<sup>5</sup>

Quran emphasizes choosing food by its purity, legitimacy, and, cleanness in eight verses (Al-Mu'minun: 51), (Al-Anfal: 26), (Al-Ma'idah: 88), (Al-Baqarah: 57, 172, 267), (Tahā: 81), (Al-A'rāf: 160) in this way:

*"Eat of the good things we have provided for you."* (Surah Al Baqarah:172)

*"Eat and, drink: but waste not by excess"* (Sūrah Al-A'rāf: 31)

Many times it has been emphasized to eat food according to the body's need.

*"Then, eat of all fruits, and, follow the ways of your Lord made easy for you."* (Sūrah Al-Nahl, 69)

*"Eat and, drink, yet not in excess, for the Lord loves not those who commit excess."* (Sūrah Al-A'rāf, 31)

*"For that, we pour forth water in abundance, and, we split the earth in fragments, and, produce therein corn, and, grapes and, nutritious plants and,*

*olives and, dates, and, enclosed gardens, dense with lofty trees, and, fruits and, fodder, for use and, convenience to you and, your cattle". (Sūrah 'Abas, 34)*

This verse defines the foods that a man should be consumed as per the body's necessities. The essential blessings are water then herbal proteins (herbal seeds), sugary materials (grapes, etc.) fat (olive, etc.) vitamins, and, minerals (fruits and, vegetables). Quran introduces meats as animal proteins.<sup>6</sup>

Islam prohibits taking Calorie consumption beyond the body's necessities because high intake is a significant sign of profusion. Allah says:

*"O Children of Adam! Eat and, drink, but do not indulge. Lo! He loveth not those who indulge." (Sūrah Al-Arāf, 31)*

The Prophet (PBUH) said:

*"The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls, to keep him going. If he must do that (fill his stomach), then let him fill one third with food, one third with drink, and, one third with air." <sup>7</sup>*

*"The believer eats in one stomach whilst the kaafir eats in seven." <sup>8</sup>*

*Overeating weighs a person down, makes him lazy, and, stops him from achieving his goals and, shaytan is closer to obese people.<sup>9</sup>*

Now the modern research proved that obesity has serious consequences, it increased the risk of diabetes, heart disease, stroke, arthritis, some cancers, and, other conditions. Even fertility rates are decreased in obese people.<sup>10</sup>

## **Materials and, Methods:**

Comprehensive and, detailed information has been gathered about fruits, plants, and, herbs mentioned in the Holy Quran. A review survey has been conducted to assess the medicinal properties of fruits, plants and, edibles declared in hadith. The electronic databases have been evaluated by considering the following websites: Google, scientific information database (SID), Google Scholar, Scopus, and, PubMed with the following keywords "Quran" "Hadith", "Fruits", "Herbs", "Medicinal" Islamic Foods". The Quran's addresses and, the recommendations of Prophet and, Imams on the consumption of this food have been considered inconsistent with the findings of scientific researchers

## **Results and, Discussions:**

Based on the collected data, there are 22 fruits and, herbs species mentioned in Al-Qur'an. In this paper, foods were arranged in a systematic order of identity of the plant, followed by, English name and, local name,

references cited from Holy Quran and, hadith, the efficacy of herbal medicine that has been used traditionally both empirically and, scientifically in comparison with latest scientific research. Over 20 recognizable fruits and, plants have been quoted in the Holy Quran. The dates, grapes, figs, olives, and, pomegranates are considered as favors from Heaven. Although the benefits of Garlic, lentils, cucumbers, and, onions have also been mentioned in various verses and, chapters throughout the Quran<sup>11</sup>. The Holy Qur'an says:

*"Do you not see that Allah has made subservient to you everything in the heavens and, the earth and, has made his bounty flow to you in exceeding measure: seen and, unseen..." (Sūrah Luqmān, 20)*

### **Functional Foods**

The food that is described in al-Quran and, Hadith is known as sunnah foods such as dates, honey, grapes, olives, etc. Now the modern research called them functional foods because these natural fruits, nuts, herbs, and, vegetables found a wide display of biologically active compounds including ferulic acid, anthocyanins, ellagic acid, punicalagin, flavonols, phenolic acids, and, very minerals phosphorus, iron, potassium and, calcium that are beneficial against the majority of cardiovascular, metabolic and, neurodegenerative diseases.<sup>12</sup>

### **Milk**

*"And, Verily! In the cattle, you have a worthy lesson. We give you to drink of that which is in their bellies, between the cud and, blood: pure refreshing milk for those who drink it." (Sūrah Al-Naḥl, 66)*



Goat's milk is one of the beloved drinks of Prophet Muhammad (PBUH), goat's milk had been proven to have many health benefits.

**Medicinal Uses:** Milk has been used traditionally properties in the treating diseases like cancer, cardiovascular disease, diabetes, stress, and, neurological diseases as well as in the losing of weight, boosting of the immune system, and, reducing the risk of infection and, osteoporosis.<sup>13</sup> Welten et al. reported that goat's milk helps to prevent osteoporosis if it is consumed since childhood.<sup>14</sup>

### **Modern Research:**

Milk plays a role in cancer prevention due to its contents like vitamin D, calcium, butyrate, lactoferrin, and, conjugated linolenic acid.<sup>15</sup> It was also found that taurine is present in milk which is good for brain development. Goat milk has been used in malabsorption disorder and, inflammatory bowel diseases because it has antioxidative, antiatherogenic, antilipidemic, and, anti-thrombotic effects.<sup>16</sup>

## Olive

Botanical Name: *Olea Europea* L.

Local Name: Zaiytoon



*"With it (the rain) He brings up for you the crops, olives, dates, the grapes and, every kind of fruit."* (Sūrah Al-Nahl, 11)

"Olive" in Quran, has been repeated six times.

*"By the fig and, the olive! And, the mount, Sinai, and, this safe country (Mecca)! Indeed, we created the human with the fairest stature". "And, a tree (olive) that springs forth from Mount Sinai, that grows oil, and, (it is a) relish for the eaters"* (Sūrah Al-Mu'minūn, 20)

Hazrat Ahmad Zahbi (RA) narrates:

*"The first fruit eaten by Hazrat Adam (AS) after His descent on the earth, was the fruit of the Zizyphus"*

Hazrat Abu Huraira (RA) reported:

*"Eat and, anoint Olive oil as it is clean and, blessed"*

*"Use of Black olive with seeds to get relieved from Asthma, Lungs and, respiration irregularity"*<sup>17</sup>

Use of wild olive daily to stop aging.<sup>18</sup>

**Medicinal Uses:** When olive oil is added to fatless cow's milk it becomes a natural food source just like mother's milk because it contains linoleic acid helps in growth and, development.<sup>19</sup> It has been used for bone development and, strengthening, antiaging, and, to cure, hemorrhoids, anal fissures, kin diseases, pleurisy, and, leprosy. It is a mild laxative fruit that improves gastric ulcers. External use of olive oil softens the skin and, promotes healing of burns, wasp stings, sores, cuts, scratches, sore feet, chapped hands, rough, broken, sunburnt skins, or eczema blisters. It has been used for massaging an infant's skin.<sup>20</sup>

## Modern Research

Olive Oil contains Oleic Acid (18:1), Palmitic Acid (16:1), Arachis Oil, Linoleic Acid, Stearic Acid, Myristic Acid, and, vitamin E which prevents lipid oxidation hence lowering blood pressure prevent from coronary heart disease.<sup>21</sup>

Olives are a moderate source of calories; 100 g of fruits provide just 115 calories and, 1.65 mg (11% of RDA) of  $\alpha$ -tocopherol and, a good source of calcium, copper, iron, manganese, and, zinc.<sup>22</sup> Together with vitamin E and, carotenoids, they may prevent cancer, inflammation, degenerative nerve

diseases, diabetes, etc. It possesses oleocanthal that has ibuprofen or Nonsteroidal anti-inflammatory drugs (NSAIDs) like anti-inflammatory activities.<sup>23</sup> Olive Oil constitutes phytochemicals retarding the risk of bile stone formation. Chloride present in olive oil assists liver function and, helps the body eliminate waste products.<sup>24</sup>

Fermented olives provide probiotics that prevent chronic diseases by influencing the bioavailability of certain bioactive compounds.<sup>25</sup> Oleuropein which is present in leaves, roots, virgin olive oil, and, olive mill waste (vegetation and, wastewater) has antioxidant, antimicrobial, anticancer anti-inflammatory, antineuropathic properties.<sup>26</sup> Olive prevents the incidence of heart disease, cancer, and, rheumatoid arthritis.<sup>27</sup> Studies revealed that daily consumption of olive oil has bone promoting effect by improving the bone mineral density hence preventing osteoporosis.<sup>28</sup>

The Phenolic components like  $\beta$ -carotene, chlorophyll, B-chlorophyll, Phenols, Polyphenols, tocopherols, carotenoids, phospholipids, and, other antioxidants in olive oil play an important role in reducing the incidences of atherosclerosis, cardiovascular disease, neurodegenerative diseases, and, certain types of cancer.<sup>29</sup>

## Dates

Botanical Name: Phoenix dactylifera L.

Local Name: Khajoor



The word “date” has been mentioned in the Holy Quran more than 20 times.

*“And, from the fruits of date palms and, grapes, you derive intoxication and, wholesome nourishment. Verily, therein is indeed a sign for people who have wisdom.” (Sūrah Al-Naḥl, 67)*

Hazrat Abdullah bin Abbass (RA) narrated that the Prophet (PBUH) said:

*“The ‘Ajwah is from Paradise, and, it is an antidote against poison”<sup>30</sup>*

**Medicinal Uses:** To cure Heart and, skin diseases, swelling of the kidney, intestinal pain, heart attack, wound healer, diarrhea, sexual weakness, stomach pain, piles, and, liver disorders.<sup>31</sup> It acts as an antidote and, a remedy for stomach, intestinal pain. It boosts the healing process helps during labor pain.<sup>32</sup> It also helps in improving physical strengthening, eyesight and, helps in curing night blindness.<sup>33</sup>

**Modern Research:** Dates that constitute unsaturated fatty acids include palmitoleic, oleic, linoleic, and, linolenic acids. They possess elemental fluorine, therefore, protecting teeth against decay. Dates are free from cholesterol and,

contain very low fat. Dates are rich in vitamins and, minerals. They are the ironic home of protein containing 23 different types of amino acids, dietary fiber, and, vitamin B1, B2, B3 and, B5, A1 and, C, and, soluble and, insoluble fibers.

Dates are pronounced energy boosters as they have natural sugars like glucose, sucrose, and, fructose hence helping in weight gain. Due to its potassium dates help regulate the nervous system and, reduce the risk of stroke. Dates cure abdominal cancer, heart disease, skin disease kidney, and, liver disease. Dates are rich sources of polyphenols, anthocyanins, sterols, and, carotenoids so it exhibits antibacterial, antifungal, anti-inflammatory, and, anti-angiogenic activity.<sup>34</sup> They also have cardio-neuro-protective, anti-diabetic, antioxidant, and, anti-cancer effects.<sup>35</sup>

### **Bananas**

Botanical name: *Musa acuminata* Colla

Local Name: Kaela



**Medicinal Uses:** Traditionally it has been highly recommended for fever, digestive system disorders, cramps, and, muscle slackness used to treat allergies.<sup>36</sup>

**Modern Research:** Bananas, a very nutritive fruit, consist of water (75%), protein (1.3%), and, fats (0.6%). Due to its potassium content, it promotes cell and, muscle development, regulates the body's water equilibrium, and, maintains heartbeat and, blood pressure. Due to its vitamin B6, it promotes red cell production and, provides endurance against stress. Banana contains several bioactive compounds, such as phenolics, carotenoids, biogenic amines, and, phytosterols have antioxidant activities and, protect from chronic degenerative disorders.<sup>37</sup> The acetone, methanol, and, aqueous extracts of banana pulp protect against gram-negative bacterial infections (*Pseudomonas aeruginosa* and, *Escherichia coli*).<sup>38</sup>

### **Pomegranate**

Botanical Name: *Punica granatum*

Local Name: Anār

*"In them are fruits and, date-palms and, pomegranates"*



Hazrat Anas bin Malik (RA) narrated that the Prophet (PBUH) said,

*"There is not a pomegranate which does not have a pip from one of the pomegranates of the Garden (of Jannah) in it."*<sup>39</sup>

**Medicinal Uses:** Traditionally it has been used to cure Stomach problems, cough, hepatitis, muscle pain, piles, diarrhea, dysentery eye, liver,

heart, and, dental diseases.

**Modern Research:** Punica granatum contains a copious fund of potassium and, other minerals like phosphorus, calcium, iron, and, sodium, and, vitamins A, B1, B2, B3, and, C. It maintains the body water equilibrium and, the body's potassium-sodium balance. It also helps the nervous and, muscular system to function regularly and, prevents edema. Its protein and, fat contents are insignificant, while it is "a rich source of sodium and, also contains a good amount of riboflavin, thiamine, niacin, vitamin C, calcium and, phosphorous". Pomegranate juice is a potent anti-oxidant to guard the body against free radicals hence preventing heart disease, premature aging, and, cancer.<sup>40</sup> Pomegranate juice may reduce systolic blood pressure by inhibiting the angiotensin-converting enzyme.<sup>41</sup> It exhibits antidiabetic and, vasodilatory effects.<sup>42</sup> It reduces the risk of breast, skin, lung, and, prostate cancer.<sup>43</sup> The pomegranate has dietary flavonoids which have a role in preventing Alzheimer's disease by modulation of neuronal signaling and, the protection against neuronal losses.<sup>44</sup>

## Grapes

Botanical Name: Vitis vinifera L.

Local Name: Munaqqa



*"By means of it, we produce gardens of dates and, grapes for you, in which there are many fruits for you and, from which you eat"*

*"We place in it gardens of dates and, grapes and, cause springs to gush out in it"*<sup>45</sup>

**Medicinal Uses:** Traditionally it has been used to cure a common cold, relax body and, brain muscles, stomach diseases, cooling effects on the body, cough, kidney and, urinary bladder pain, liver and, lung disorders, dog bite, remove weariness, clear the face and, cancer Since it has been used to boost the milk production and, prove worthy for nursing mothers. It may decrease the likelihood of skin cancer.<sup>46</sup>

**Modern Research:** One cup of the grape has 104 calories, 1.09 grams of protein, 4.8 milligrams of vitamin C, 10 micrograms of vitamin A. Raisins can lower the postprandial insulin response, modulate sugar absorption (glycemic index) and, promote satiety via leptin and, ghrelin.<sup>47</sup> Grapes plays role in strengthening the heart's muscles. Grapes have been used to treat bronchitis and, they boost the skin prettiness by cleansing the blood. Grapes are high in antioxidants important for eye health such as lutein and, zeaxanthin, and, red grapes contain the phytochemical resveratrol in their skins and, conditions. Grapes also boost the power of the flavonoids myricetin and, quercetin. Fresh red grapes graded at six in anti-oxidant efficacy against damaging oxidative

processes in cells while the dried grapes [raisins] graded second.<sup>48</sup>

## Figs

Botanical Name: *Ficus carica* L.

Local Name: Anjeer

*"I swear by the Fig and, the Olive" (Sūrah al-Tīn, 1-4)*

*"Eat it as it cures various diseases" <sup>49</sup>*

*"Eat fig, for it cures the piles and, is useful for rheumatism" <sup>50</sup>*



**Medicinal Uses:** Traditionally it has been used to remove the kidney and, urinary bladder stone, to release intestinal pain, and, to cure piles, dyspepsia, and, anorexia.

## Modern Research

The studies analyzed that 100 g fresh fruits provide only 74 calories. 100 g dried figs provide 249 calories, 680 mg of potassium, 162 mg of calcium, and, 2.03 mg of iron. Fresh figs are good in poly-phenolic flavonoids, anti-oxidants such as carotenes, lutein, tannins, and, chlorogenic acid, etc. Fresh figs contain adequate levels of phytochemical compounds which help sift harmful oxygen-derived free radicals from the body and, protect from cancers, diabetes, degenerative diseases, and, infections. It exhibits chlorogenic acid which has an anti-diabetic effect. Dried figs are excellent sources of minerals like calcium, copper, potassium, manganese, iron, selenium, and, zinc and, B-complex group of vitamins such as niacin, pyridoxine, folates, and, pantothenic acid.<sup>51</sup> Figs contain 20% of the daily value for dietary fiber. Figs are a concentrated source of benzaldehyde and, phytochemicals which have been used for cancer prevention.<sup>52</sup> The study analyzed that *Ficus carica* due to bioactive compounds (phenolic compounds, flavonoids, and, tannins) exhibits antimicrobial and, antioxidant properties. It helps in reducing the level of oxidative stress and, prevents the development of chronic diseases.<sup>53</sup>

## Lime

Botanical Name: *Citrus aurantifolia* L.

Local Name: Sangtra or Narangi



**Medicinal uses:** Conventionally it has been used to treat spots from the skin, piles, common cold, stomach disorder, and, peristalsis, decrease, thrust, hepatitis, heart diseases, cough, liver infection, cholera, diabetes, intestinal pain, pimples, skin depletion, and, leukemia

## Modern Research

It possesses metabolites like alkaloids, carotenoids, coumarins, essential

oils, flavonoids, phenolic acids, and, triterpenoids so it revealed antibacterial, anticancer, antidiabetic, antifungal, anti-hypertensive, anti-inflammation, anti-lipidemia, and, antioxidant properties, moreover, it can protect the heart, liver, bone, and, prevent urinary diseases.<sup>54</sup>

### Miswak

Botanical Name: *Salvadora persica* L.

Local Name: Peelu



The Prophet (PBUH) himself used it frequently at various occasions such as when entering and, leaving the home, reciting the Holy Qur'an, before and, after sleeping, on Friday when Fasting and, before every prayer pleasure" [Ṣaḥīḥ al Bukhārī, 8: 13].<sup>55</sup>

**Medicinal uses:** Conventionally it has been used to treat dental diseases, arthritis, piles, eczema, oral diseases, headache, antidote, diabetes, digestive problems.

### Modern Research

(*Salvadora persica*) Miswak contains benzyl isothiocyanate (BITC), the main antimicrobial component of Miswak. Miswak could be beneficial for oral health (Sofrata 2010). Dentists and, gastro-metrologists agree that oral hygiene helps in the prevention of most of the diseases of the oral cavity and, gastrointestinal tract (GIT). The Tannins present in Miswak contain a large amount of tannic acid which prevents the adherence of the bacteria to the teeth. A bacteria *Streptococcus viridans* may attack the heart valves and, damage them may come from the mouth. So the use of Miswak is a preventive measure against heart diseases.<sup>56</sup> Chlorhexidine gluconate CHX 0.2% and, miswak extract 50 % had a similar effect on the prevention of periodontal disease. Studies proved that miswak inhibited the growth of some dental plaque bacteria.<sup>57</sup> Mistakes comprise chemical substances which inhibit plaque formation and, gingivitis.<sup>58</sup>

### Quince

Botanical name; *Cydonia oblonga*

Local Name Safrajal



Hazrat Jabir bin Abdullah (R.A) narrated Hadith:

*"Eat the Quince (Safarjal) because it cures the heart attack and, relieves(removes) the burden of the chest"*<sup>59</sup>

*"Eat quince, for it sweetens the heart. For Allah has sent no prophet as His messenger without feeding him on the quince of Paradise. For Quince increases the strength up to that of forty men."*<sup>60</sup>

**Medicinal Uses:** It has been usually recognized as astringent, carminative, expectorant, emollient, diuretic, pectoral, peptic, and refrigerative. Its fruit has been used as an emollient for the skin and, relieve from headache and, cystitis and, act as a Laxative. Its Seeds have been used to get rid of Conjunctivitis, Bronchitis Constipation, Migraine, nausea, common cold, and, influenza.

**Modern Research:** It has been proved to treat heart diseases, diarrhea, endocarditis, pericarditis, and, dysentery. Studies have been proved that quince leaves have an anti-atherosclerotic effect by improving endothelial function (Sofrata 2010) The antibacterial, antifungal activity, antihemolytic and, free radical scavenging, antihyperlipidemic, antioxidant, antihyperglycemic properties are due to tannins.<sup>61</sup>

### **Watermelon**

English Name: Citrullus Lanatus

Local Name: Tarbooz



**Medicinal uses:** It has been used conventionally as a therapy to relieve Kidney pain, clear the urine and, stomach, facial beauty, increase immunity, jaundice, and, have cold effects.<sup>62</sup>

*"Watermelon is diet as well as drink. It washes and, purifies the urinary bladder. It increases the sexual power."*<sup>63</sup>

### **Modern Research:**

It exhibits antimicrobial, antioxidant, anti-plasmodial, anti-inflammatory, hyperplasia activity, antiangiogenic activity, antioxidant, analgesic properties. It possesses antisecretory, antidiabetic, laxative, antiulcerogenic, and, hepatoprotective activities due to its Lycopene and,  $\beta$ -carotene contents. It is an excellent source of antioxidants that may prevent diseases whose pathogenesis involves oxidative stress.

### **Black Seed**

Botanical Name: Nigella sativa L

Local Name: Clongy



**Medicinal uses:** It has been called Miraculous plant and, seeds of blessing due to its antioxidant components have been indicated to improve spermatogenesis and, treat male infertility.<sup>64</sup> It has been used to cure hysteria, common cold, asthma, constipation, urine blockage, anorexia, flatulence, dyspepsia, acute gastroenteritis, dog bites, diabetes, kidney stone, shrinkage milk production, baldness, gas trouble, brain disorders, pneumonia, cough, maleness, appendicitis, labor pain, facial clearness, pimples, fatness, typhoid, piles, swelling, weakness, eczema, diarrhea, malaria, digestive disorders,

allergy, wound healer, hearing problems, ear pain, and, swelling, memory increases, paralysis, heart diseases, antiperistalsis, intestinal worms, liver pain, waist pain, sexual weakness, common fever, ascites, menstruation, ulcerative colitis, Croghan's diseases.<sup>65</sup>

### Modern Research

Studies proved that black cumin has anticancer, antidiabetic, antiradical and, immunomodulator, analgesic, antimicrobial, anti-inflammatory, spasmolytic, bronchodilator, hepatoprotective, antihypertensive, and, renal protective.<sup>66</sup> The study demonstrates its uses in enhancing memory, attention, and, cognition.<sup>67</sup> It is rich in different phytochemicals and, nutritionally essential components. The anti-cancer activity of black seeds is due to two main reasons, i.e. it either kills cancer cells or hampers any modification in the genetic material of the normal cells.<sup>68</sup>

### Cucumber

Botanical name: Cucumis Sativusl.

Local name: Khira



**Medicinal uses:** It has been known traditionally because of its Cooling, diuretic, tonic and, vermifuge, diuretic, purgative effects

Abdullah bin Ja'far (RA): I saw Prophet Muhammad (PBUH) eating fresh dates with cucumber.<sup>69</sup>

### Modern Research

The presence of several vitamins like A, B, and, C, high water content, and, various minerals like potassium, magnesium, or silicon so it dehydrates the body, improves skin condition, promotes hair growth, aids in digestion, weight loss, formation of connective tissue, reduces cholesterol and, maintains blood pressure.<sup>70</sup>

### Lentils

Botanical Name: Lens culinaris Medic.

Local Name: Masoor



*"And, (remember) when you said, "O Moses! We cannot endure one kind of food. So, invoke your Lord for our herbs, its cucumbers [Cucumis sativus], its Fūm (wheat or garlic), lentils and, its onions." (Sūrah al Baqarah, 61)*

**Medicinal Uses:** it has been used to treat Maleness, measles, paralysis, common cold, paraenesis, face clearness, eye infection, digestive diseases.<sup>71</sup>

### Modern Research

Lentils are rich sources of fibers, resistant starches, prebiotic

compounds, phytochemicals, proteins, and, bioactive peptides, phenolic acids, and, antioxidants. It plays an important role in the prevention and, treatment of chronic diseases, especially type 2 diabetes, cardiovascular and, cancer diseases.<sup>72</sup> It also plays an important role in the prevention of obesity and, degenerative diseases.<sup>73</sup>

### **Fenugreek**

Botanical Name: *Trigonella foenum-graecum* L

Local Name: Maithi

**Medicinal uses:** Conventionally it is used to cure throat infection, swelling, body pain, cough, stomach pain, piles, dandruff, baldness, breast pain, lungs infection, diabetes, ulcer, and, diarrhea. Powerful tonic, back pain, seeds in powder form used for diabetes, galactagogue i.e. to stimulate milk production in mammary glands. A poultice of the leaves is applied for swellings and, burns. Seeds are bitter but mucilaginous, aromatic, carminative, tonic, diuretic, thermogenic, galactagogue, astringent, emollient, aphrodisiac, antirheumatic characteristics.<sup>74</sup>

*"Seek cure by (using) fenugreek."*<sup>75</sup>

**Modern Research:** Fenugreek is rich in fiber, protein, and, its valuable bioactive components. It has anti-diabetic, diuretic, hypotensive, cardiogenic antioxidant, anticarcinogenic, hypoglycemic activity, hypocholesterolemic, antimicrobial, and, galactagogue properties.<sup>76</sup>

### **Squash**

Botanical Name: *Lagenaria siceraria*.

Local Name: Kaddo



**Medicinal uses:** It has been used predictably to offload Arthritis, Maleness, Headache, fever, Madness, Piles, lungs infection, common cold, kidney, liver, and, heart diseases.

*"And, We caused a plant of gourd to grow over him" (Sūrah al-Şāffāt, 146)*

### **Modern Research**

*Lagenaria siceraria* L. fruit extract can act as a powerful functional food with noteworthy lipid-lowering and, antioxidant meanings and, may decrease cardiovascular risk. This study confirmed that regular intake of *Lagenaria siceraria* fruit extract reduces atherogenic indices i.e. cardiac risk ratio.<sup>77</sup>

### **Ginger**

Botanical Name: *Zingiber officinale* Roscoe



Local Name: Adrak

### **Medicinal Uses**

Intestinal pain, anorexia, dyspepsia, headache, diarrhea, constipation, intestinal swelling, dog bite, stomach disorders, sexual weakness, digestive stimulant, cooling effect on the body, increase urine production.<sup>78</sup>

### **Modern Research**

Due to its contents Gingerol and, shogaol, zingerone and, flavonoids, it is known to have antioxidant, anti-inflammatory properties, antihyperlipidemic, hypotensive, and, antiatherosclerotic mechanisms.<sup>79</sup>

### **Wild Thyme**

Botanical Name: *Thymus serpyllum* L.

Local Name: Ajwā'in



**Medicinal Uses:** It has been famous predictably as Germicides, remove the pain of stomach, liver, kill the insect of belly and, relief common cold and, cough by strengthening lungs. It has been used as aromatic, antiseptic, diaphoretic, analgesic, and, diuretic. It acts as, carminative, and, stimulant. Its essential oil contains certain compounds that are powerful and, proven antibiotics and, disinfectants that enhance the immune system and, fight infections. It can also relieve rheumatism, gout, and, sciatica. It has been used as a remedy for ailments of the respiratory, digestive, and, genitourinary systems. It has been used for easing the spasms of whooping cough.<sup>80</sup>

**Modern research:** Novel studies have revealed its marked antioxidant and, antimicrobial properties and, to some extent of antitumor and, cytotoxic activities.<sup>81</sup>

### **Mushroom**

Botanical name: *Agaricus campestris* L.

Local Name: Khumbu



**Medicinal Uses:** It has been used conventionally to cure eye diseases, arthritis, paralysis, parknesia, muscle pain, headache, and, dizziness.

Saeed bin Zaid (R) narrates:

*"Truffles are like Manna (i.e. they grow naturally without man's care) and, their water heals eye diseases."*<sup>82</sup>

**Modern Research:** Antioxidant, antimicrobial, and, anticancer properties of edible mushroom *Agaricus campestris* L. was evaluated by its free radical scavenging, superoxide anion scavenging, and, reducing power. Extract of *A. campestris* showed relatively strong cytotoxic activity.

## Garlic

Botanical Name: *Allium sativum*

Local Name: Lason



**Medicinal Uses:** Garlic has been known traditionally as an antidote and, wound healer, it has been used to treat dog bites, paralysis, digestive problems asthma, intestinal pain worms, cough, hysteria, headache, tuberculosis.<sup>83</sup>

## Modern Research

Garlic (*Allium sativum* L.) health-promoting potential is mainly accredited to sulfur-containing compounds like allicin, s-methyl-1-cysteine sulfoxide, and, organosulphur compounds, particularly cysteine sulfoxides and, thiosulfinates. Garlic has an antioxidant, antifungal, antithrombotic, hypocholesterolemic, and, hypoglycemic agent. It decreases glucose metabolism in diabetics, slows the progress of arteriosclerosis and, lowers the risk of numerous cancers, and, also improves immune dysfunction.<sup>84</sup>

## Onion

Botanical Name: *Allium cepa* L.

Local Name: Gandeesh



**Medicinal Uses:** It has been used to cure Stomach diseases, cholera, Diarrhea, throat infection, common cold, cough, fever, influenza, ear pain, improve sperm production, clear face and, skin spots, appetizer, headache, hepatitis, piles, eye diseases, baldness, constipation, menstruation, and, intestinal diseases prevent tumor promotion, cardiovascular diseases, hypertension, and, ante aging.<sup>85</sup>

**Modern Research:** Onions have two flavonoids, the anthocyanins, which impart a red/purple color, and, flavonols such as quercetin which is responsible for the yellow and, brown skins of many other varieties. The alk(en)yl cysteine sulfoxides [ACSOs] are the flavor precursors. Its complex compounds are thiosulphates, thiosulphonates, anticarcinogenic properties, antiplatelet activity, antithrombotic activity, antiasthmatic and, antibiotic effects.<sup>86</sup> It also possesses antifungal, antibacterial, antiviral, antiparasitic, antimutagenic, antidiabetic, antihyperlipidemic and, chemopreventive effects.<sup>87</sup>

## Barley

Botanical Name: *Hordeum vulgare* L.

Local Name: Jao/ Vishkeeh



**Medicinal Uses:** It has been famous because of its potential to cure

fever, weakness, heart diseases, kidney pain, intestinal ulcer, maintain cholesterol level, jaundice by enhancing immunity.

**Modern Research:** It contains a high concentration of the non-starch polysaccharide ( $\beta$ -glucans) which has beneficial health effects on reducing blood cholesterol level, prolonged satiety after food consumption (Wani et al. 2011). It has also anti-inflammatory and, cardiovascular effects.<sup>88</sup>

### Sweet Flag

Botanical Name: *Acorus calamus*

Local Name: Zareea



**Medicinal Uses:** it has been known to treat Eye diseases, stomach pain, liver and, intestinal disorder, heart diseases, conception, eczema, paralysis, asthma, hysteria, madness, malaria and, arthritis.<sup>89</sup>

### Modern Research

The plant has anti-inflammatory, antimicrobial, diuretic, antiurolithiatic and, other properties. Its rhizome and, roots consist of bioactive phenolic compounds with beneficial effects on the cardiovascular system.<sup>90</sup> The extracts of *A. calamus* have anti-proliferative and, anti-angiogenic effects on cancer cells.<sup>91</sup>

### Alcohol Consumption

*“O Believers! Do not approach your prayers when you are drunk until you are aware of what you are saying (sober).” (Sūrah Al-Nisā’, 43)*

*“They ask you about wine and, gambling. Say, “In them is great sin and, [yet, some] benefit for people. But their sin is greater than their benefit” (Sūrah Al-Baqarah, 219)*

The followers have been refraining from consuming alcoholic beverages mainly as a preventive measure because the risk of alcohol-related diseases such as liver cirrhosis, cancer, and, cardiovascular diseases is significantly decreased through the lifestyle promoted by the Quran.

### Meat

*“Eat of what is lawful and, wholesome that exists on earth.” (Sūrah al-Baqarah, 168)*

Imam Ali (PBUH) said: *“Don’t make your stomach grave of animals.”*<sup>92</sup>

**Medicinal Uses:** It has been said that don’t indulge in eating too much meat. Overeating weighs a person down, makes him lazy and, stops him from achieving his goals and, shaytan is closer to obese people (Juni 2014). Islam prohibits the eating the meat of some animals such as pork, canine, rabbit, crow,

birds with claws, and, also some parts of animals with Halal meat like Testes, vulva, uterus, spleen, spinal cord, pituitary and, the blood is forbidden.

**Modern Research:** Researchers exhibited that consumption of pork meat could cause several infectious diseases such as parasitic diseases including protozoan or helminth diseases in humans. Pork has fat building material which deposited in the vessels can cause a heart attack. The pig is one of the filthiest animals on earth, lives and, thrives on manure, feces and, dirt.<sup>93</sup>

### **Breastfeeding Promotion:**

*“Mothers should breastfeed their children two complete years for whoever wishes to complete.” (Sūrah al-Baqarah, 233)*

**Modern Research:** The World Health Organization (WHO) promotes exclusive breastfeeding for the initial 6 months as a universal communal health approval with continued breastfeeding for up to 2 years or elsewhere.<sup>94</sup>

### **Conclusion**

Today, scientific medical research has verified that choose healthy foods that are constructive for health promotion and, these foods should be included in daily diet As centuries ago, Holy Quran has cited the valuable properties of many foodstuffs, and, today scientists have established a part of them through many studies, it helps to realize the greatness of Allah. Finally, more consumption of these edibles will help to live a healthy life by preventing diseases and, ailments.



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