

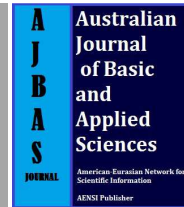


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Discovering the Miracle of Fruit Plant Species Mentioned in the Holy Qur'an and Their Folk Medicinal Importance

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ABSTRACT

Fruits are sources of various essential nutrients those are vital for health. Having a diet rich in fruits as part of an overall healthy diet may reduce risk of some chronic diseases. The main aim of this study is collecting all verses on the Qur'anic Fruit Plant Species (QFPS), and then discovering the miracle on their mention in the Holy Qur'an. And discussing of their folk medicinal importance in the light of Qur'an, the Prophetic traditions and modern medical experiments in order to show the signs of the Creator. The QFPS have been described in this study according to their botanical name, the Qur'anic name, name mentioned in the Prophetic traditions, Arabic name, English name, nature and flavor, basic constituents and medicinal using with caution. Consequently, this study has found seven distinct fruit plant species in the Qur'an. The QFPS are: Phoenix dactylifera L., (Date palm), Vitisvinifera L., (Grapes), Olea europea L., (Olive), Punicagranatum L., (Pomegranate), Zizyphus mauritiana Lam. (Jujube), Musa acuminata (Banana) and Ficus carica L., (Fig). In addition, this study has discovered two Qur'anic Miracles: First: the arrangement of fruit plant species mentioned in the Qur'an according to their importance. Second: number of mention the fruit plant species in the Qur'an according to their importance. The study concludes that the folk medicine and the modern medicine have been complementing each other in order to promote human health and comfort.

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INTRODUCTION

The Holy Quran is an everlasting Miracle. Its momentous methodology that used in arranging the verses, appropriate using of words to express subjects, as well as including all subjects and aspects are absolutely Miracle that revealed to the last Messenger of Allah (May Allah peace be upon him). Almighty Allah encourages the humans in research in plant species in order to realize the signs of the Creator as well as to be benefited by them. As such, almighty Allah says: "Have they not looked at the earth, how many of the noble pairs (of vegetation and plant species) We have caused to grow in it? Surely, in this there is a sign, but most of them are not believers" (Surah al-Shu'ara 26: 7-8, M. T. Usmani). Therefore, the botanists explore into plants and have been found almost 375,000 plant species, with additional being discovered every year. All plants are photosynthetic, consuming carbon dioxide, water and light energy to produce oxygen and sugars (Wise Geek). In addition, there are about twenty-two plants belong seventeen families have been mentioned in the Holy Qur'an (Khafagi, *et al.*, 2006). Among those plants this study has found there are seven fruit plant species in the Holy Qur'an. Plant species are: Phoenix dactylifera L., (Date palm), Vitisvinifera L., (Grapes), Olea europea L. (Olive), Punicagranatum L. (Pomegranate), Zizyphus mauritiana Lam. (Jujube), Musa Acuminata, (Banana) and Ficus carica L. (Fig). Really, humans should do research on their food. Therefore, Allah encourages the humans to do research in their all kinds of food including fruits. Allah says: "Then let man look at his food" (Surah Abasa, 80: 24, A. Yusuf Ali).

Date palm and grapes have been mentioned together in the Surah al-Baqarah to reflect the rich fruits, which make a garden appear like a paradise (Khafagi, *et al.*, 2006). Allah says: "Would any of you wish to have a garden of dates and grapes, with rivers flowing beneath it, in which there are all kinds of fruit for him" (Surah al-Baqarah, 2: 266, M. T. Usmani). Similarly, the last Messenger of Allah (may Allah peace be upon him)

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recommended for the date, and said: "Persons who will start the morning by having seven jawhdates (ajwah is a type from Madina date which is dark color) on that day he/she will not be affected by neitherpoison nor magic" (Al-Bukhari, 1987, Vol. 5, P. 2177, No. 5436).

Various types, shapes, tastes and colours of date, vines, olive, and pomegranate have been mentioned in the Surah al- An'am 6: 99 to report species and genetic diversity. The command of the verse is to look at these same mature fruits wisely, as they are signs for believing in Allah. Here the instruction was to eat the ripe fruits and pay the due of in the day of harvesting without being excessing (Khafagi, *et al.*, 2006). Almighty Allah says: "*He is the One who sent down water from the heavens. Then We brought forth with it vegetation of all kinds. Then from it We brought grains set upon one another. From the palm-trees, from their spathes, come forth the low hanging bunches. (We produce) vineyards and the olive and the pomegranate, either similar or not similar to each other. Look at its fruit when it bears fruit, and at its ripening. Surely, in all this there are signs for the people who believe*" (Surah An'am, 6: 99, M. T. Usmani).

Explanation of this verse:

Allah says: "*Then from it We brought grains set upon one another*" Al-Layth Ibn Sa'd Ibn Abdur-Rahmaan Al-Fahmi (713CE-791CE) said in interpreting the word that has been mentioned in the Holy Qur'an *al-khadira is al-Zar'a*" which meaning cultivation or sowing, and Ibn Abbas took from *al-Zar'a* cultivation or sowing the wheat, barley, corn and rice. However, Almighty Allah brings forward to mention the *al-khadira* before mentioning the *al-Nakhal* - date palm, and this indicates that the *al-Zar'a* - agriculture or sowing wheat, barley, corn and rice are better as well as more vital than *al-Nakhal* - date palm (Al-Razi, Mafatyh al-Gayb, Vol. 6, P. 400). Similarly, Imam Abu Abdullah Muhammad ibn Umar ibn al-Husain al-Taimi al-Bakri al-Tabaristani Fakhrudin al-Razi (543H-606H) said: Almighty Allah mentions here four types of trees; palm tree, grapes, olive and pomegranate. But bring forward agriculture (*al-Zar'a* - agriculture or sowing) before these fruit trees (*al-Nakhal* - date palm) because agriculture is food (food is more essential than fruit for surviving humans life). As a matter of fact, it is the Qur'anic wisdom that foods have been mentioned before fruits, and then has been mentioned the date palms before all kinds of other fruits, because the date is being the course of food for the Arabs. In addition, the wise men had been indicated that between the date palm and the humans are similar in few properties do not are similar those in other plant species, (Al-Razi, Mafatyh al-Gayb, Vol. 6, PP. 400-402), in this sense that the Messenger of Allah (May Allah peace be upon him) said: "There is a tree among trees its leaves do not fall which is similar to a Muslim (in goodness) What is that tree"? The people were thinking about the trees of the countryside, Abdullah said: "I feel in myself that is date palm" then they said: tell us what that O Messenger of Allah? The Prophet may Allah peace be upon Him himself said: "that is date palm tree" (Al-Bukhari, 1987, Vol: 1, P. 34, No. 61). Likewise, the grape has been mentioned immediately after the date because it is best kinds of fruit, and doctors recommend the grapes is very useful fruit. It contains very beneficial substance to fortify the weak stomach and various useful for the body function. Following the grape the olive also many beneficial because it can be eaten as it. Also, possible to separate the great beneficial fat in eating, and in other kinds of use such as add olive oil into the salads, olive oil body lotion, olive oil for hair, and so forth. Similarly, the pomegranate is a very amazing and a useful fruit. Certainly, plant species are numerous. Therefore, only four kinds of fruit plant species have been mentioned in this verse these are the best kinds of fruits (Al-Razi, Mafatyh al-Gayb, Vol. 6, P. 402).

The Messenger of Allah, (May Allah peace be upon him) suggested for the olive and said: "This is a blessed tree for you, olive oil; treat by this; because it is a medicine for hemorrhoids" (Al-Tibrani, 1983, Vol:17, P. 281, No. 774).

Only one Surah from the Qur'an is named to indicate a specific plant the fig to indicate importance of this fruit (Khafagi, *et al.*, 2006, and Akal Mansur, 1994). The Messenger of Allah (May Allah peace be upon him) said: "*Eat figs because it cut hemorrhoids and benefit from gout*" (Al-Hindi, 1981, Vol: 10, P. 49, No. 28307).

Indeed, it is impossible to survive in the earth without plants those are the sources of foods, fabrics, shelters and manufacturers. At the same time, plants are sources of oxygen, medicine, prevention of numerous diseases as well (Akal, 1994). Almighty Allah informs us in the Holy Qur'an that for every sickness has a remedy. As such Allah says: "*Say, for those who believe, it is guidance and cure*" (Surah al- Fussilat 41: 44, M. T. Usmani). Again Allah says: "*And We send down of the Qur'an that which is cure and mercy for the believers*". (Surah al-Israa 17: 82, M. T. Usmani).

The messenger of Allah (May Allah peace be upon him) several times used certain herbs and suggested about different medicinal plants to cure of the common diseases. The Prophet (May Allah peace be upon him) frequently emphasizes on the nature and importance of various foods and spices. In the light of the Prophetic traditions and modern medical experiments have proved the fresh and dry fruits are not only a good foodstuff but also an excellent medication (Marwate *et al.*, 2009). Almighty Allah encourages to humans in order to conduct research in their food, as such Allah says: "*Then let man look at his Food*" [Surah Abasa, 80:24, M. T. Usmani]. By the experiment of nutritionist, it is confirmed that the low level of sodium in the fruits is being

played a significant role for those persons who would prefer to practice of a salt-free diet. For instance, the dry fruits like the date are preserve good blood, necessary for the strengthening of bones, storehouses of iron and calcium, respectively. In a day one or two fruits cleanses the digestive tract and aids on easy bowel action (Marwat *et al.*, 2009).

As a traditional medicine, the herbal has been widely applied around the world for thousands of years to treat different forms of diseases including cancer. Numerous natural products such as vegetables, nuts, fruits, grains, medicinal plants are providing defensive particular effects against a variety range of cancers. (Zaid *et al.*, 2010).

Hence, the aim of this study collecting the Surahs and Verses of the Holy Qur'an and perceive its mention arrangement and number of mention according to their importance in order to discover the Qur'anic Miracle on fruit plant species. Similarly, the second purpose of the study mentioning the botanical names of fruit plant species mentioned in the Holy Qur'an in order to introduce them towards their genus, families and common names. Furthermore, the objective of this study is also discussing the remedial uses and health benefits of fruits, their leaves, barks and roots in the light of Holy Qur'an, Hadith as well as modern clinical report and experiment.

Images of Qur'anic Fruits:



1. *Phoenix dactylifera* L.
(Date palm).



2. *Vitis vinifera* L.
(Grape)



3. *Olea europea* L.
(Olive).



4. *Punicagranatum* L.
(Pomegranate)



5. *Zizyphus mauritiana* Lam.
(Jujube)



6. *Musa Acuminata*.
(Banana)



7. *Ficus carica* L.
(Fig)

MATERIALS AND METHODS

The research work was conducted by collecting the Qur'anic verses, hadith on the fruit plant species, and analyzing books, articles detailing the folk medicine as well. The fruit plant species were arranged in accordance with the Qur'anic name, botanical name followed by the family, common name, nature and flavor, basic constituent, remedial use and references.

Results:

The study has discovered two Miracles. The first Qur'anic Miracle is "the arrangement in mentioning of fruit plant species in the Holy Qur'an according to their importance". For instance; the *Phoenix dactylifera* L. (Date palm) has been mentioned first time in the Holy Qur'an. The *Vitis vinifera* L., (Grape) has not been mentioned first time before the *Phoenix dactylifera* L. (Date palm). Besides, the *Olea europea* L. (Olive) has not been mentioned first time before the *Phoenix dactylifera* L. (Date palm) and the *Vitis vinifera* L., (Grape). Likewise, the *Punicagranatum* L. (Pomegranate) has not been mentioned first time before any previous fruits. Similarly, the *Zizyphus mauritiana* lam. (Jujube) has not been mentioned any time ahead of any previous fruits. Moreover, the *Musa acuminata* (Banana) has not been mentioned ahead of any previous fruits. Furthermore, the *Ficus carica* L. (Fig) has not been mentioned before any previous fruits! Undoubtedly, this significant mention arrangement is the Qur'anic Miracle.

The second Qur'anic Miracle is "The number of mention fruit plant species in the Holy Qur'an according to their importance". This study has found there are seven distinct fruit plant species have been mentioned in the

Holy Qur'an. The plant species according to their importance, and Qur'anic arrangement, as well as number of mention are 1-Phoenix dactylifera L., (Date palm 26times), 2- Vitisvinifera L., (Grape 11 times), 3- OleaEuropea L. (Olive 7 times), 4- Punicagranatum L. (Pomegranate 3times), 5- Zizyphusmauritiana Lam. (Jujube 3 times), 6- Musa acuminata (Banana 1time), and 7- Ficuscarica L. (Fig 1time).

Status of fruit plant species mention in the Holy Qur'an

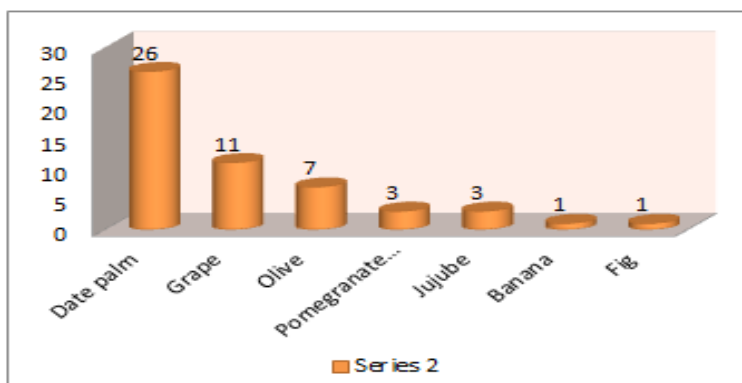


Table 1: Key to discover the Qur'anic Miracle on mentioning arrangement, and number of mentioned times of fruit plant species in the Holy Qur'an according to their importance.

No.	Name of fruit plant	Mentioned before/after/alone	Surah and verse
1.	<i>Phoenix dactylifera</i> L. (Date palm).	9 times before the grape 1 time before the olive 2 times after the olive 14 times alone. 1 time before the Pomegranate	(1) S2/V266(2) S6/V99(3) S13/V4 (4) S16/V11 (5) S16/V67 (6) S17/V91 (7) S18/V32 (8) S23/V19 (9) S36/V34. S6/V141. (1) S16/V11 (2) S80/V29. (1) S19/ V23 (2) S19/V25 (3) S19/V25 (4) S20/V71 (5) S26/V39 (6) S26/V148 (7) S26/V148 (8) S36/V39 (9) S50/V10 (10) S50/V10 (11) S54/V20 (12) S55/V11 (13) S59/V5 (14) S69/V7 S55/V68
2.	<i>Vitisvinifera</i> L. (Grape)	9 times after the date palm. 2 times alone 2 times before the olive	(1) S2/V266 (2) S6/V99 (3) S13/V4 (4) S16/V11 (5) S16/V67 (6) S17/V91 (7) S18/V32 (8) S23/V19 (9) S36/V34 (1) S78/V32 (2) S80/V28 (1) S6/V99 (2) S80/V28-29
3.	<i>Oleauropea</i> L. (Olive)	2 times after the grape. 1 time after the date palm. 2 times before the date palm. 2 times alone. 1 time after the fig.	(1) S6/V99 (2) S80/V28-29 S6/V141 (1) S16/V11 (2) S80/V29 (1) S23/V20 (2) S24/V35 S95/V1
4.	<i>Punicagranatum</i> L. (Pomegranate)	2 times after the olive. 1 time after the date palm.	(1) S6/V99 (2) S6/V141 S55/V68
5.	<i>Zizyphusmauritiana</i> Lam. (Jujube)	3 times alone	(1) S53/V14 (2) S53/V 16 (3) S56/V28
6.	<i>Musa Acuminata</i> . (Banana)	1 time after the jujube.	S56/V29
7.	<i>Ficuscarica</i> L.(Fig)	1 time before the olive.	S95/V1

It is obvious that among the Qur'anic fruits the "date" is a most familiar fruit almost in each part around the world especially in the Arab world. Moreover, it contains the more major nutrients necessary for the body than other fruits. Therefore, the "date palm" is the first fruit that has been mentioned in the Holy Qur'an in the Surah

Al-Baqarah (S2/V266). The “date palm” has been mentioned 9 times before the grape, 1 time before the olive, 2 times after the olive, 14 times alone, and 1 time before the pomegranate. Following the date palm, the “grape” is in second position. It has been mentioned after the date palm in the same Surah and verse Surah al-Baqarah (S2/V 266). The “grape” has been mentioned 9 times after the date palm, 2 times alone, 2 times before the olive. The “olive” is in third position. It has been mentioned after the grape in Surah al-An’am (S6/V99). The “olive” has been described 2 times after the grape, 1 time after the date palm, 2 times before the date palm, 2 times alone, and 1 time after the fig. The “pomegranate” is in fourth position. It has been mentioned after olive in the same Surah and verse Surah al-An’am (S6/V99). The “pomegranate” has been described 2 times after the olive, 1 time after the date palm. According to the Qur’anic arrangement the “jube” is in fifth position, first mentioned in the Surah Saba, (S34/V16). The “jube” has been mentioned 4 times alone. Likewise the “banana” is in sixth position has been mentioned 1 time in the Surah al-Waqiah (S56/V29). As well as the “fig” is in seventh position has been mentioned in the Surah Tin before the olive (S95/V1).

In addition, to indicate the outstanding importance of dates and grape at the first time have been mentioned in the Surah al- Baqarah (S2/V266). In the second event have been described four distinct fruit plants in one verse Surah al-Ana’m [S6/V99]. The fruit plant species are: 1-Phoenix dactylifera L. (Date palm), 2-Vitisvinifera L., (Grape), 3- Oleaeuropea L. (Olive), 4- Punicagranatum L. (Pomegranate).

Discussion:

1- Phoenix dactylifera L.:

Mentioned in the Holy Qur’an:

There are deference methods have been used to mention the phoenix dactylifera L. (date palm) in the Holy Qur’an as humans paid their attention into its related all aspects. We have displayed few mention approaches in the Holy Qur’an such as. *Nakhil* (date-palms), *Nakhl* (date-palms), *Jiz’ial-Nakhlah* (The trunk of a palm-tree), *Rutaban Janiyyan* (ripe fresh dates), *al-Nakhl Baasiqaatin* (tall palm-tree), *Tal’un Nadiid* (Pollen of date or blossom of date or fruit-stalks, piled one over another), *Nakhlun Mumqa’ir* (Uprooted palm-trees). Qur’an does not use this method to describe other fruits but date. Thus these referred to the most important of date and the date palm itself.

Mentioned in the Holy Hadith:

al-Nakhl (date palm), *tamr* (dried date), *‘Ajuwah* (is a type of Madina date which is commonly dark color), and *Rutab* (ripe date).

Arabic name:

The Arab use above mentioned all Arabic words to indicate the date and date tree. Also, they use *Balah* to refer the ripe date.

English name:

Date palm, palm tree, ripe date, dried date.

Nature and flavor:

Sweet, and warm. (Henry C. Lu, p78, (1995).

Basic constituents:

Date contain important nutrients, important minerals, key vitamins and albumins (Hamth Hassan Raqit, p69, 1997). Its contain water, protein, fat, carbohydrate, fiber, calcium, iron, phosphorus, magnesium, potassium, sodium, ascorbic acid, thiamine, riboflavin, niacin (Janick, J., &Paull, R.E. 2008, p138). Also contain vitamin A, B1, B2, glucose, etc. (Saleh p122, 2008).

Reference from the Holy Qur’an:

The date palm has been mentioned 26 times in 17 Suras of the holy Qur’an follows:

Surah Al-Baqara (The Cow) Chapter 2, Verse 266: “Does any of you wish that he should have a garden with date-palms and vines” (translated by A. Yusuf Ali).

Surah al-An’am (Cattle) Chapter 6, Verse 99: “He is the One who sent down water from the heavens. Then We brought forth with it vegetation of all kinds. Then from it We brought grains set upon one another. From the palm-trees, from their sheaths, come forth the low hanging branches. (We produce) vineyards and the olive and the pomegranate, either similar or not similar to each other. Look at its fruit when it bears fruit, and at its ripening. Surely, in all this there are signs for the people who believe” (translated by M. T. Usmani).

Surah al-An’am (Cattle) Chapter 6, Verse 141: “He is the One who has created gardens, trellised and untrellised, and date-palms and crops with a variety of edibles, and the olive and the pomegranate, (some) similar to one another, and (some) dissimilar. Eat of its fruit when it bears fruit, and pay its due on the day of harvest, and do not be extravagant. Surely, Allah does not like the extravagant” (M. T.Usmani).

Surah-ar-Ra’d (Thunder) chapter 13, Verse 4: And in the earth there are tracts of land neighboring each other, and gardens of grapes, and farms and date palms, some having twin trunks and some having a single

one.(Although) all of them are irrigated with the same water, We make some of them better than others in taste.Surely, in that there are signs for a people who understand” (M. T.Usmani).

Surah-An-Nahl (The Bee) Chapter 16, Verse 11: “With it He produces for you corn, olives, date-palms,grapes, and every kind of fruits: verily in this is a Sign for those who give thought” (A. Yusuf Ali).

Surah-An-Nahl (The Bee) Chapter 16, Verse 67: “And from the fruits of date palms and grape vines, youobtain intoxicants, and good provision. Surely, in that there is a sign for a people who understand” (M.T.Usmani).

Surah al-Isra’ (The Night Journey) Chapter 17, Verse 91: “Or you have a garden of date palms and grapes,then you bring forth rivers from their midst in abundance” (M. T.Usmani).

Surah Khaf (The Cave) Chapter 18, Verse 32: “Give them an example. There were two men; we gave oneof them two gardens of grapes, and surrounded both of them with date-palms, and placed vegetation between them” (M. T. Usmani).

Surah-al-Maryam (Mary) chapter 19, Verse 23: “Then the labour pains brought her to the trunk of a palmtree.She said6 O that I would have died before this, and would have been something gone, forgotten” (M. T.Usmani).

Surah-al-Maryam (Mary) chapter 19, Verse 25: “And Shake the trunk of the palm-tree towards yourself,and it will drop upon you ripe fresh dates” (M. T. Usmani).

There has suggestion for scientist to research in ripe fresh date in order to discover the benefit andimportant of having the ripe date during the labour pains.

Surah TaHa, Chapter 20,Verse 71: “He (Pharaoh) said6 You have believed in him before I permit you. Thisman is in fact your master who has taught you the magic. So I will certainly cut off your hands and your legsfrom opposite sides, and will crucify you on the trunks of palm-trees, and you shall know whose punishment,out of us, is more severe and more lasting” (M. T. Usmani).

Surah al-Mumenun (The Believers) Chapter 23, Verse 19: “Then We produced with it gardens of datepalmsand vines for your benefit. For you there are many fruits in them, and of them you eat” (M. T. Usmani).

Surah ash-Shu’ara (The Poets) Chapter 26, Verse 148: "And corn-fields and date-palms with spathes nearbreaking [with the weight of fruit]? (A. Yusuf Ali).

Surah YâSîn, Chapter 36, Verse 34: “And We have placed gardens of date-palms and grapes, and causedsprings to gush forth therein”(M. T. Usmani).

Surah YâSîn, Chapter 36, Verse 39: “And for the moon We have appointed measured phases, until it turned(pale, curved and fine) like an old branch of a date-palm” (M. T. Usmani).

Surah Qâf, Chapter 50, Verse 10: “And tall (and stately) palm-trees, with shoots of fruit-stalks, piled oneover another” (A. Yusuf Ali).

Surah al-Qamar (The Moon) Chapter 54, Verse 20: Plucking people away, as if they were the trunks ofuprooted palm-trees” (M. T. Usmani).

Surah al- Rahman (The Beneficent) Chapter 55, Verse 11: “Therein is fruit and date-palms, producingspathes [enclosing dates](A. Yusuf Ali).

Surah al-Rahman (The Beneficent) Chapter 55, Verse 68-69: “In them will be fruits, and dates andpomegranates. Then which of the favors of your Lord will ye deny?” (M. T. Usmani).

Surah Hashar(The Mobilization) Chapter 59, Verse 5: “Whatever palm-trees you have cut down, or haveleft them standing on their roots, it was with Allah’s permission, and so that He might disgrace thetransgressors” (M. T. Usmani).

Surah al-Haqah (The Reality) No of Surah 69: Verse 7: “That He imposed on them for seven nights andeight consecutive days; so you could see them thrown on the ground, as if they were the trunks of hollow palmtrees”(M. T. Usmani).

Surah Abasa (He Frowned) chapter 80, Verses: 26-32: “then how nicely We split the earth, then We grewin its grain, and grapes and greens, and olive and date-palms, and gardens, full of thick trees, and fruits andfodder, as a benefit for you and your cattle” (M. T. Usmani).

Reference from the Prophetic traditions:

HazratSa'da(may Allah be pleased with him) says: “I heard the Messenger of Allah, (may Allah peace be upon him)while he was telling that: “who will start the morning by having seven ajuwah dates; (the is a type of Madinadate which is commonly dark color) on that day he/ she will not be affected by neither poison nor magic” (Al-Bukhari, 1987, Vol: 5, P. 2177, No. 5436).

HazratAysha(may Allah be pleased with her) that the Messenger of Allah, (may Allah peace be upon him) he said:“The high ajuwah is (the date from highland in Madina) a cure and as an antidote” (A. A. R. al-Nasaei, 2001,Vol: 4, P. 369, No. 7569).

IbnAdi and Abu Naim in medicine from Aysha(may Allah be pleased with her) that “There have benefits from leprosy in heaving seven dates of the ajuwah every day, and doing it seven days”(Jalaluddin, Vol: 24, p269, No: 23132).

Narrated by Aysha(may Allah be pleased with her) said: “The Messenger of Allah (may Allah peace be upon him) was eating watermelon with date” and said the Messenger of Allah (may Allah peace be upon him) “We break the warm of this (date) by the cold of this (watermelon); and the cold of this (watermelon) by the warm of this (date)” (Abu Daud, Vol: 3, P. 427, No. 3838).

Abdullah Ibn Dinar from Ibn Umar (may Allah be pleased with Him) Narrated that The Messenger of Allah(may Allah peace be upon him) said: “There is a tree among the Trees its leaves do not fall which is similar to a Muslim (in goodness) What is that tree”? The people were feeling about the trees of the countryside, Abdullah said: “I feel in myself she is Palm” then they said: tell us what is that O Messenger of Allah! The Prophet (may Allah peace be upon Him) himself said: “that is the date palm tree” (Al-Bukhari, 1987, Vol: 1, P. 34, No. 61).

HazratAnas (may Allah be pleased with him) said: “That the Messenger of Allah (may Allah peace be upon him) did not go out on the day of Eid al-Fitr until He ate some dates, and he usually eat an odd” (Al-Bukhari, 1987, Vol. 1, P. 325, No. 910).

Jabir IbnSamra (may Allah be pleased with him) said: “That the Messenger of Allah(may Allah peace be upon him) did not go out on the day of Eid al-Fitr until he ate seven dates” (Tibrani, 1983, Vol: 2, p247, No: 2035).

Abu Hurayrah (may Allah be pleased with him) said: “The Prophet of Allah (may Allah peace be upon him) distributes dates among his companions. He gives to everyone seven dates. Also, he gives me seven dates” (Al-Bukhari, 1987, Vol: 5, P. 2065, No. 5095).

Remedial uses and health on benefits of date:

Date as food is healing. It is a major drug assistant to the status of women during childbirth. Therefore, Almighty Allah ordered to the Marum (Mary) may Allah peace be upon Her, (Hamth, 1997, P. 69). Almighty Allah says: “*Shake the trunk of the palm-tree towards yourself, and it will drop upon you ripe fresh dates*” [Mary: S19/V25]. In addition, dates are useful for elders who are suffering from the lack of hearing, prevent in the Midnight blindness, remedy in the sexual weakness, dry skin, incases of urinary tract disorder, help to preserve the moisture and luster (Muhammad, 2001, Vol: 1, P. 51, and Syed, 2002, PP. 171-172). Moreover, it is a remedy for skin diseases, inflammation of kidney, intestinal pain, liver disorders, heart attack, labor pain, wound healer, stomach pain, heart diseases, and piles (S.K Marwat, M.A. Khan, et al., 2009). Also, used as a spleen tonic and phlegm, energy tonic and blood tonic, weak stomach, palpitations, nervousness, hysteria in women, and in allergic (Henry, p78, 1995), and Badr, 1996, pp280-283.). Furthermore, date help children to gain weight, composition bones and teeth, reduce the cancer as well (Saleh, P. 122, 2008).

Warning:

The Prophet of Allah (may Allah peace be upon Him) said: “Dried date and dried grape should not be soaked in the water together. He also forbade soaking fresh date and fresh grape together.” (Badr, 1996, P. 283). The person who is suffering from ophthalmia (Neonatal conjunctivitis is swelling (inflammation) or infection of the tissue lining the eyelids in a newborn (Kimberly, 2008) should avoid date because if he eats date during ophthalmia he will be suffering from headaches and other illness. The prophet of Allah (may Allah peace be upon him) forbade to Ali (May Allah be pleased with him) from eating the date when he was suffering from ophthalmia.” (Badr, 1996, p283). Also, should avoid in case of flatulence (Muhammad, 2001, Vol: 1, P. 51)

2. *Vitis vinifera L. (Grapes).*

Mentioned in the Holy Qur'an:	Inab (singular), a`nab (plural of inab)
Mentioned in the Hadith:	Inab, Habla
Arabic name:	Inab, Habla
English name:	Grapes, Vine.
Nature and flavor:	Moderate, sweet and sour (Jingfeng, 1996, p150).

Basic constituents:

Grapes contain polysaccharides, especially rich in glucose and sucrose. Also, contain protein, carotene, vitamins B1, B2 and C, amino acids, fat, manganese, potassium, malic acid, citric acid, fruit gum, glycoside, as well as tannin (Jingfeng, 1996, p150, Dai Yin-fang & Liu, 1999, pp87-88, and Saleh, 2008, p117). It contains iron, phosphorus, calcium, sodium, and chlorine (Muhammad, 2001, Vol.2, P. 146).

Reference from the Holy Qur'an:

Grapes have been mentioned eleven times in ten chapters of the holy Qur'an as follows:

Surah al-Baqarah (The cow) chapter 2, verse 266: (See under the reference of date palm).
 Surah al-Anâm (Cattle) chapter 6, verse 99: (See under the reference of date palm).
 Surah-al-Ra'd (Thunder) chapter 13, verse 4: (See under the reference of date palm).
 Surah al-Nahl (The Bee) chapter 16, verse 11: (See under the reference of date palm).
 Surah al-Nahl (The Bee) chapter 16, verse 67: (See under the reference of date palm).
 Surah al-Isra' (The Night journey) chapter 17, verse 91: (See under the reference of date palm).
 Surah al-Khaf (The Cave) chapter 18, verse 32: (See under the reference of date palm).
 Surah al-Mumenun (The Believers) chapter 23, verse 19: (See under the reference of date palm).
 Surah YâSîn, chapter 36, verse 34: (See under the reference of date palm).
 Surah An-Naba (The Tidings) chapter 78, verses 31, 32: "Verily for the Righteous There will be a fulfillment of (The Heart's) desires; gardens enclosed, and grapevines" (A. Yusuf Ali).
 Surah Abasa (He Frowned) chapter 80, verses 26-32: (See under the reference of date palm).

Reference from the Prophetic traditions:

Hazrat Anas bin Malik (May Allah be pleased with him) narrated that the Prophet (may Allah peace be upon him) said: "Do not sell grapes until to be black and not corn until to be intensified" (Daral-Qutni, 1966, Vol. 3, P.48, N. 196).

Narrated Ibn Umar: Umar stood up on the pulpit of the Messenger of Allah (may Allah peace be upon him) and said, "Now then, prohibition of alcoholic drinks has been revealed, and these drinks have been prepared from five things; Grapes, dates, honey, wheat and barley. And an alcoholic drink is that disturbs the mind" (Al-Bukhari, 1987, Vol. 7, P. 106, No. 5588).

Narrated from Abbas bin Abdul Muttaleb "That the Prophet, (May Allah peace be upon him) used to eat grapes by turning from the cluster of grape by using his all fingers" (Al-Bayhaki, 1410, Vol. 12, P. 449, No. 5709, & Ibn Manzur, Vol. 7, P. 288).

Remedial uses and health benefits of grapes:

It is useful to remove the psychological and physical ailments, helping with food digestion very firstly. Constipation worked to soften the intestine and reduces its fermentation. It is useful in urine disorder, reduces acidity, in the case of kidney disease, and stimulates liver function, smooth blood pressure. Similarly, grape is a remedy to decrease the anemia by increase hemoglobin in the blood (Muhammad, 2001, Vol. 2, P.147, Sayyid, 2002, P. 163, and Akal, 1994, PP. 71-73). Moreover, grapes are beneficial in bad breath due to intoxication, poor appetite in pregnant women, stopping coughing, manifesting palpitation, night sweats and rheumatism. Also, useful in case of weakness after illness, dry throat with thirst, poor nutrition with dropsy, blood in the urine (Dai & Liu 1999, P. 88, Henry, 1995, P. 65, Jingfeng, 1996, P. 151, and Saleh, 2008, P.117).

Grapes Leaves:

Grapes leaves are used in the case of diarrhea. Its seeds in powder have proved efficacious in various cases of chronic diarrhea (Kapoor, 2001).

Warning:

Grapes should be washed several times with water well (Muhammad, 2001, Vol: 2, P. 147), and do not eat a huge amount of grapes at one time (Dai & Liu, 1999, p88).

3- Olea europea L. (Olive).

Mention in holy Qur'an:	Zaitunah, Zaitun, Shajarahmubarakah (blessed tree).
Mention in holy hadith:	Zaitun, Shajarahmubarakah (blessed tree).
Arabic Name:	Zaitun
English Name:	Olive
Nature and flavor:	Sweet, sour, and warm. (Jingfeng, 1996, p130).

Basic Constituents:

It contains vitamin C, protein, sugar, fat, calcium, iron, phosphorus, volatile oil, tannin, carbohydrates (Jingfeng, 1996, 130, Dai and Liu, 1999, p95).

References from the Holy Qur'an:

The olive has been mentioned seven times in six chapters as follows:

Surah al-Anâm (Cattle) chapter 6, verse 99: (See under the references of vitisvinifera). Surah al-An'âm (Cattle) chapter 6, verse 141: (See the references of phoenix dactylifera).

Surah al-Nahl (The Bee) chapter 16, verse 11: "With it He produces for you corn, olives, date-palms, grapes and every kind of fruit. Verily! In this is a Sign for those who give thought" (A. Yusuf Ali).

Surah al-Mu'minun (The Believers) chapter 23, verse 20: "And (We produced) a tree (of olive) that comes forth from the (mount) Tur of Sinai, which grows with oil and with a dressing for those who eat it" (M. T. Usmani).

Surah an-Nûr (Light) chapter: 24, verse. 35: "Allah is the Light of the heavens and the earth. The example of His light is that of a niche, in which there is a lamp; the lamp is in a glass – the glass looks like a brilliant star – it is lit by (the oil of) a blessed tree, the olive, which is neither eastern, nor western. Its oil is about to emit light even though the fire has not touched it – (it is) light upon light. Allah guides to His light whomsoever He wills; Allah describes examples for the people, and Allah know everything well" (M. T. Usmani).

Surah At -Tin (The Fig) chapter 95, verse 1: (see under the reference of ficuscarica).

Surah Abasa (He Frowned) chapter 80, verses 26-32: (see under the references of vitisvinifera).

Reference from the Prophetic traditions:

Muaz bin Jabal said: "I heard the Messenger of Allah was saying yes! Brushing of the olive from the blessing tree; make pleasure for mouth and go dig; It is my tooth brush and tooth brush of prophets before me" (Al-Tbrani, 1415, Vol. 1, P. 210, No. 678).

Aqbah Ibn Amir (may Allah be pleased with them) narrated that the Messenger of Allah (May Allah peace be upon him) said: "This is blessed tree for you, olive oil, treat by this because it is the medicine for hemorrhoids" (Al-Tabari, 1983, Vol. 17, P. 281, No. 774).

Omar Ibn Khatab said, the Messenger of Allah (May Allah peace be upon him) said: "Eat oil! (oil of olive) and anoint by it because it is from a blessed tree" (Tirmiji, Vol. 7, P. 44, No. 1774).

Arcana Ibn Armor comes the Hadith: "Every kind of olive oil is for you, and anoint yourself with it for it is a great help with piles" (Badr, 1996, P. 310).

Ibn al-Juzi has transmitted this Hadith. Indeed the Prophet of Allah (May Allah be upon him) used to recommend for the olive and the saffron in cases of pleurisy, and he used to say that the olive is the medicine of the poor (Badr, 1996, P. 310).

Remedial uses and health benefits of Olive:

The most important benefits of olive are included as follows: Useful for patient who is suffering from diabetes, anemia, eczema, chapped hands and feet from the cold, and nutritious. Besides, the olive helps with laxative, anti-constipation, rickets (rickets a disease which children who lack vitamin D can suffer from, in which the bones become soft and not shaped correctly), rheumatism, sprains, as well as useful for hair loss (Muhammad, 2001, Vol. 1, P. 119, and Syed, 2002, P. 158). In addition, olive is cure in painful swollen throat, fever with thirst, hangover (hangover is an illness after drinking too much alcohol) bleeding wounds, dysentery, hemorrhoids, gastric, chronic cough as well (Dai & Liu, 1999, PP. 95-96). Moreover, olive oil is helpful in cases of poisoning, soothes (to make someone feel calm or less worried) expels worms, fortifies of hair and the limbs and delays old age. The green olive is cold, dry, and very nourishing. It fortifies the stomach, stimulates sexual activity. Moreover, the salty olives are excellent for burns caused by fire (Badr, 1996, PP. 309-310).

Remedial uses and health benefits of Olive leaves:

Chewing the olive leaves is very good for rodent ulcers, thrush and hives (Badr, 1996, P. 310).

Warning:

Should not eat olive those are suffering from kidney disease, Liver disease, particularly jaundice, heart disease, and obesity (Muhammad, 2001, Vol: 1, P. 119). The black olive is hot and dry. It generates spleen and is bad for the stomach (Badr, 1996, P. 310).

4- Punicagranatum L.

Mentioned in the Holy Qur'an:	Rumman
Mentioned in the Holy Hadith:	Rumman
Arabic name:	Rumman
English name:	Pomegranate
Family:	Punicaceae
Nature and flavor:	Sour, sweet, pungent, and warm (Jingfeng, 1996, P. 145).

Basic constituents:

Water, fat, carbohydrates, calcium, phosphorus, iron, sodium, potassium, ascorbic acid, thiamine, riboflavin, niacin, vitamin A (Janick, & Paull, 2008), and the fruit skin contains tannic acid, resin, Gallic acid, sugar and gum. The skin of its root contains isopelletierine (Jingfeng, 1996) Mineral salt, fat, protein, iron, vitamin C, citric acid, and fiber (Saleh, 2008).

References from the Holy Qur'an:

The pomegranate has been mentioned three times in two surahs of the Holy Qur'an as follows:
 Surah al-An'am (Cattle) chapter 6, verse 99: (See the references of *vitisvinifera*).
 Surah al-An'am (Cattle) chapter 6, verse 141: (See the references of *phoenix dactylifera*).
 Surah al-Rahman (The Beneficent) chapter 55, Verse 68-69: "In them will be fruits, and dates and pomegranates. Then which of the favors of your Lord will you deny?" (A. Yusuf Ali).

References from the Prophetic traditions:

Hazrat Ali (may Allah be pleased with him) said: The Messenger of Allah (May Allah peace be upon him) said: Eat the pomegranate because there are not pip in this fruit without being water of paradise; and there is not the pip in this that make trouble for stomach rather it help to fortify the heart and keep preserve from evil for forty nights" (Jalaluddin, Vol. 31, P.132, No. 33951).

Hazrat Ali (May Allah be pleased with him) said: O People eat the pomegranate with its fat because it (the fat of pomegranate) is treatment of stomach" (IbnHambal, 1998).

Narrated Abdul Hamid bin Ja'far from his father that Ibn Abbas: He was taken a seed from pomegranate, and he eats that seed, after that said to him: O son of Abbas! Why you do this? He said: "It is heard that there is not a single pomegranate on the earth which does not contain one pip from the pips of the paradise and perhaps this pipe is the one" (Al-Tabrari, 1983).

Remedial uses and health benefit of pomegranate:

It is useful in the case of diarrhea, as it is helpful in the case of dysentery, stomach cough, nervous, debility and hepatitis. Moreover, pomegranate juice with water and honey have a mild laxative which helpful in improving the breathing and chest. Similarly, the pomegranate cleanses blood, benefit in case of indigestion, piles, eye diseases, liver diseases, oral diseases and dental problems (Syed, 2002). Also, useful for throat inflammation, tonsillitis, voice hoarse, throat dry, persistent cough, internal parasites in children, and paddy field dermatitis (Dai & Liu, 1999). Likewise, it stops vomiting, fortifies the stomach and reduces palpitation. If anyone eats stalk of the pomegranate for three days, he will be free from ophthalmia for a year (Badr, 1996). Besides, boiled skin of the pomegranate useful in cases of diarrhea and have a strong effect on the expulsion of intestinal worm, reduce acidity of the stomach (Saleh, 2008). Furthermore, the pomegranate is recognized as an anti-oxidant, it is helpful to cure for cancer, inflammation, diabetes, cardiovascular disease, antibiotic resistance, bacterial infections, as well as ultraviolet radiation-induced skin damage as well (Zaid and Saad).

Root Bark:

Hot water extract of the root bark is taken orally in Europe to support menstrual discharge. Also, extract of dried fruit is taken orally by pregnant women for childbirth disorders in Malaysia and hot water extract of the leaves is taken orally for irregular menses. In the Tunisia extract of dried bark is taken orally to treat ulcer (Ross, 2003).

Leaves:

Juice of fresh leaves and young fruits is a remedy for dysentery (Kapoor, 2001, P. 281).

Flowers:

Dried flowers used in hemorrhoids, hematuria, hemoptysis, chronic diarrhea, dysentery and bronchitis (Kapoor, 2001, P. 281).

5- *Zizyphus mauritiana* Lam.

Qur'anic name:	Sidr
Arabic name:	Nabaq, Sidr
English name:	Jujube
Nature and flavor:	Its nature is neither hot nor cold, the flavor is slightly sweet with a fragrant smell.

Basic constituents:

The Jujube fruit contains carbohydrate, protein, oil, vitamins A, B2, C, calcium, phosphorous, iron, malic acid and tartrate, etc. (Dai & Liu, 1999).

Reference from the Holy Qur'an:

The "sidr" jujube has been mentioned four times in three chapters in the Holy Qur'an, but 'sidr' the jujube that in Surah Saba', 34:16 is not eatable. Eatable 'sidr' being mentioned three times. Both kinds are as follows:

Surah Saba', 34: 15-17: Allah says: "Indeed, there was a sign for (the community of) Saba' in their homeland: two gardens, (one) on the right and (one) on the left. Eat of the provision from your Lord, and be grateful

to Him – (You have) an excellent city, and a Most-Forgiving Lord, Then they turned away. So We sent to them the flood of the dam, and replaced their two gardens with two gardens having fruits of bitter taste, and tamarisk and some bushes of wild lotes. Thus We punished them because of their ungratefulness. We do not give (such a) punishment but to the ungrateful” (M. T. Usmani and A. Yusuf Ali).

The lotus or jujube is two kinds: One kind is eatable fruit and its leaves are useful to hand-wash. Another kind, its fruit is gall oak not eaten originally, nor benefit from its leaves. Moreover, it is aberrant or wandering in using. Meaning of lotus in this verse is the second kind of jujube inevitably. Early prominent interpreter of the Holy Qur’an Qatada said that there were good trees in their garden but those became the evil trees consequently of their denying the command of Allah (Abu Sa’ud). However, although the jujube has been mentioned four times, but the jujube that is being mentioned in this verse, according to the above mentioned information we have proved that actually it is not countable as an eatable jujube. So, actually eatable jujube has been mentioned three times in other verses.

Surah Njam (The Star) 53: 13-16: “Indeed He ((Muhammad SallallahuAlayhiWasallam) saw him [Jibril (Gabriel)] another time by Sidrat-ul-Muntaha (the lote-tree in the upper realm) near which there is Jannat-ul-Ma’wa (the Paradise of Abode), when the lote-tree was covered by that which covered it” (M. T. Usmani).

Surah Waqi`ah (The Event) 56: 27-28: “And the People of the right? How (lucky) are the People of the Right! (They will be) amid lote-trees with no thorns” (M. T. Usmani).

Reference from the Prophetic traditions:

Hazrat Abdullah Ibn Abbas narrates that the Messenger of Allah (May Allah peace be upon Him) said: Wash (pointing towards a person who died at the Arafat) him with water and leaves of the zizyphus (sidar) (Al-Bukhari).

Asqa (May Allah be pleased with him) said: When I reverted to Islam I came to the Prophet (my Allah peace be upon Him) and He said to me: “Go and wash (take a shower) by water and the sidr (by the boil water with jujube leaves)” (Muhammad, 1990).

Remedial uses and health benefits of jujube:

The fruits are applied on cuts, ulcers, pulmonary ailments, fevers, and mixed with salt and chili peppers are given in indigestion and biliousness (Akal, 1994, and Morton, 1987). It helps to purify blood and digestion. The dried ripe fruit is a mild laxative and expectorant (Kapoor, 2001, P. 344).

Seeds:

Its seeds are sedative and taken sometimes with buttermilk to halt nausea, vomiting, and abdominal pains in pregnancy (Akal, 1994, and Morton, 1987).

Root and Bark:

Its fresh bark is a remedy in diarrhea, dysentery, inflammation of the gums and colic. Also the bark and root is tonic (Kapoor, 2001, P. 344).

Leaves:

Its leaves boiled in milk are given in virulent gonorrhoea. Leaves are used as an anthelmintic, useful in oral inflammation and gum bleeding, syphilitic ulcers, heal wounds, good in liver weakness (Kapoor, 2001, p344). Leaves are applied as poultices and are helpful in liver troubles, asthma, fever, and purifying the blood (Akal, 1994, and Morton, 1987).

Warning:

The ripe jujube is not good for digestion and a large amount is the cause for diarrhea (Kapoor, 2001, P. 344).

6- Musa Acuminata.

Mentioned in the Holy Qur’an:	Talh
Mentioned in the Holy Hadith:	Mauz
Arabic name:	Mauz
English name:	Banana
Nature and flavor:	Sweet and cold (CaiJingfeng, 1996, p144).

Basic constituents:

It contains starch, protein, fat, vitamins A, B, C, E and a little nor-adrenaline and serotonin dopamine, banana is rich in glucose, fructose, it also contains volatile oil, calcium, phosphorous, iron, as well as various enzymes (Dai & Liu, 1999, and Jingfeng, 1996), carbohydrate, magnesium, sodium (Janick&Paull, 2008, P. 514).It also contains vitamins "B-2" and "B-12" and "B 6" and "vitamin "d". Also, contains fiber, acids and ashes (Saleh, 2008).

References from the Holy Qur'an:

Surah al-Waqiah (The Event) 56: 29: "*and the trees of talh, (banana, or a fragrant tree) having layers one upon the other*"(M. T.Usmani).

Reference from the Prophetic traditions:

Narrated from Ali may Allah bless Him! Said: "Watalhinmandud" It is banana" (Jalaluddin).

Medicinal uses and health benefits of banana:

Banana helps with constipation, febrile disease with thirst, dry throat with difficulty in swallowing, painful hemorrhoids, bleeding during motions, burning feeling in the lungs with gasping and coughing (Dai & Liu, 1999).Banana is protective against myrtle and tonic factor and anti-fatigue. It also contains vitamin "c" so it benefits in inflammation of the nerves and the vitamins "B-2" and "B-12" and "B 6" and "a" useful in the growth (Saleh, 2008).

Warning:

People who are suffering from stomach ulcers or hyperacidity should avoid eating banana (Muhammad, 2001, vol: 2, p207, and Dai Yin-fang & Liu Cheng-jun, 1999). Constipated patients are advised not to eat banana too much (Saleh, 2008). Moreover, it is not suitable for diabetic patients because it is rich by sugary substances (Muhammad, 2001, Vol: 2, P. 207), so advised for them not to eat a lot of banana (Saleh, 2008).

7- Ficus carica L. (Fig)

Mention in the Holy Qur'an:	Tin
Mention in the Holy Hadith:	Tin
Arabic name:	Tin
English name:	Fig
Nature and flavor:	Sweet taste and is neutral in nature. ((Dai& Liu, 1999, P. 20).

Basic constituents:

Glucose, sucrose, fructose, citric acid, malic acid, (Dai Yin-fang & Liu Cheng-Jun, 1999, P. 20) Vitamin A, B,K, and essential salts such as calcium, phosphorus, iron and copper (Saleh, 2008, P. 114).

References from the Holy Qur'an:

The fig has been mentioned one time in the Holy Qur'an.
Surah Tin, (The Fig) chapter 95, verse. 1: "By the fig and the olive" (A. Yusuf Ali).

Reference from the Prophetic traditions:

Ibn al-Sina and Abu Nuaim and Dalilamah narrated from Abu Zar that the Messenger of Allah (may Allah peace be upon him) said: "Eat figs; if you are going to say that any fruit has descended from heaven then truly you should mention the fig, for it is indeed the fruit of Heaven, It has no seed, So eat of it; because it cut hemorrhoids and benefit from gout" (Al-Hindi, 1981, Vol. 10, P. 49, No. 28307).

Remedial uses and health benefits of fig:

It is useful as a food and anti-malignant, recently proved that fig is a cure for more than eight diseases including cancer because it contains the active ingredient oil" bitter almond" and it reduces the growth of cancerous tumor by 40%. Specially treated constipation in the elderly, benefit boiled figs nominated chronic sore throat and lung bronchus, very useful for the sand inside the kidneys into the bladder as it is useful to confine the urine a sit works on dialysis and wash the urinary tract. In addition, strengthens the nerves and beneficial in the case of thirst, fig fruits that removes alkaline pH of the body that is the origin of diseases (Syed, 2002, p166). Moreover, useful in indigestion, loss of appetite, weakness after illness, an aid in the treatment of tuberculosis and hepatitis, breasts, lack of milk after childbirth, rheumatism; pains in muscles and joints, diarrhea, chronic, and enteritis. It acts as a laxative for the intestine, figs relieve a chronic cough, eating figs on an empty stomach is very helpful in opening up the alimentary tract. Furthermore, fig is very useful in body

building for young generation and makes blood (Saleh, 2008, P. 114, Dai & Liu, 1999, P. 20, Henry, 1995, P. 64, and Badr, 1996, P. 283).

Remedial uses of fig root:

Fig roots are useful from pain in muscles, bone, hemorrhoids, and tuberculosis. Boil fresh or dried fig or fig roots in water with eggs useful from pain in muscles, and bones. Boil 30g fig and fig roots relieve tuberculosis (Henry, 1995, P. 65).

Remedial uses of fig leaves:

Fig makes blood so it is advisable to treat menstrual disorders in women by boiled fig leaves in water and taken before period. Likewise, this mixture is used lye in the mouth, gingivitis and gargling the throat and remove phlegm from the chest (Saleh, 2008, P. 114).

Table 2: Citation of the Surahs and Verses according to the Qur'aic arrangement of fruit plants species mentioned in the Holy Qur'an.

No.	Name of fruit plant	Surahs and Verses	How many times mentioned
1.	<i>Phoenix dactylifera L.</i> (Date palm).	<p style="text-align: center;"><u>17 Surahs</u></p> 1. Surah al-Baqarah (The Cow) chapter: 2, verse: 266. 2. Surah al-An'âm (Cattle) chapter: 6, verse: 99. 2. Surah al-An'Ëm (Cattle) chapter: 6, verse: 141. 3. Surah-al-Ra'Nd (Thunder) chapter: 13, verse: 4. 4. Surah al-Na'Il (The Bee) chapter: 16, verse: 11. 4. Surah al-Na'Il (The Bee) chapter: 16, verse: 67. 5. Surah Isra' (The Night Journey) chapter: 17, verse: 91. 6. Surah Khaf (The Cave) chapter: 18, verse: 32. 7. Surah-al-Maryam (Mary) chapter: 19, verse: 23. 7. Surah-al-Maryam (Mary) chapter: 19, verse: 25. 8. Surah TaHa, chapter: 20, verse: 71. 9. Surah al-Mumenun (The Believers) chapter: 23, verse: 19. 10. Surah al-Su'ra (The Poets) chapter: 26, verse: 148. 11. Surah YâSîn, chapter: 36, verse: 34. 11. Surah YâSîn, chapter: 36, verse: 39. 12. Surah Qâf, chapter: 50, verse: 10. 13. Surah al-Qamar (The Moon) chapter: 54, verse: 20. 14. Surah al-Rahman (The Beneficent) chapter: 55, verse: 11. 14. Surah al-Rahman (The Beneficent) chapter: 55, verse: 68-69. 15. Surah Hashar (The Mobilization) chapter: 59, verse: 5. 16. Surah al-Haqah (The Reality) chapter: 69, verse: 7. 17. Surah Abasa (He Frowned) chapter: 80, verses: 26-29.	26 times
2.	<i>Vitisviniifera L.</i> (Grape)	<p style="text-align: center;"><u>10 Surahs</u></p> 1. Surah al-Baqara (The cow) chapter: 2, verse: 266. 2. Surah al-An'âm (Cattle) chapter: 6, verse: 99. 3. Surah-al-Ra'd (Thunder) chapter: 13, verse: 4. 4. Surah al-Nahl (The Bee) chapter: 16, verse: 11. 4. Surah al-Nahl (The Bee) chapter: 16, verse: 67. 5. Surah al-Isra' (The Night journey) chapter: 17, verse: 91. 6. Surah al-Khaf (The Cave) chapter: 18, verse: 32. 7. Surah al-Mumenun (The Believers) chapter: 23, verse: 19. 8. Surah YâSîn, chapter: 36, verse: 34. 9. Surah An-Naba (The Tidings) chapter: 78, verses: 31, 32. 10. Surah Abasa (He Frowned) chapter: 80, verses: 26-32.	11 times
3.	<i>Olea europea L.</i> (Olive)	<p style="text-align: center;"><u>6 Surahs</u></p> 1. Surah al-An'âm (Cattle) chapter: 6, verse: 99. 1. Surah al-An'âm (Cattle) chapter: 6, verse: 141. 2. Surah al-Nahl (The Bee) chapter: 16, verse: 11. 3. Surah al-Mu'minun (The Believers) chapter: 23, verse: 20. 4. Surah al-Nur (Light) chapter: 24, verse: 35. 5. Surah Abasa (He Frowned) chapter: 80, verses: 26-32. 6. Surah Tin (The Fig) chapter: 95, verse: 1.	7 times
4.	<i>Punicagranatum L.</i> (Pomegranate)	<p style="text-align: center;"><u>2 Surahs</u></p> 1. Surah al-An'âm (Cattle) chapter: 6, verse: 99. 1. Surah al-An'âm (Cattle) chapter: 6, verse: 141. 2. Surah al-Rahman (The Beneficent) chapter: 55, verse: 68-69.	3 times
5.	<i>Zizyphusmauritiana Lam.</i> (Jujube)	<p style="text-align: center;"><u>3 Surahs</u></p> 1. Surah Saba', chapter: 34, verse: 16.	3 times

		2. Surah al-Najm (The Star) chapter: 53, verse: 13-16. 3. Surah al-Waqiah (The Event) chapter: 56, verse: 27-28.	
6.	<i>Musa Acuminata.</i> (Banana)	1 Surah Surah al-Waqi`ah (The Event) chapter: 56, verse: 29.	1 time
7.	<i>Ficus carica L.</i> (Fig)	1 Surah Surah al-Tin, (The Fig) chapter: 95, verse: 1.	1 time

Table3: Key to the identification and geographic distribution (phytogeography) of the Qur'anicfruit plant.

No.	Botanical Name	Family	Common Name	Native Country	Top Producing Countries
1.	<i>Phoenix dactylifera L.</i>	Arecaceae	Date palm.	Mesopotamia(Iraq) is native Country of date palm. And date palm is cultivated in the Middle East for 5000 BCE.(Al-Khalifah, N. S., &Askari, E.2003 and El-Juhany, L. I. 2010).	Egypt, Iran, Saudi Arabia, United Arab Emirates, Iran, Pakistan, Algeria, Iraq, Sudan, Oman, China Tunisia, Yemen, Qatar, Libya, Morocco, Mauritania USA, Chad, Israel, Niger (Sajjad, 2009).
2.	<i>Vitisvinifera L.</i>	Vitaceae	Grape, Vine,	Croatia, (Central Europe).	Italy, France, Spain, USA, China, Turkey, Iran, Chile, Argentina, Australia, India, Romania, Portugal, Russia, Egypt, Armenia and Lebanon. (Janick, J., &Paull, R.E. 2008).
3.	<i>Oleauropea L.</i>	Oleaceae	Olive	Originated in the Mediterranean country, And olive tree has been cultivated for about9000 years BCE. An olive tree can live almost for over 3000 years and there are few olive trees in the world that believed to be over 4000 years old!(<i>Where Do Olive Trees Grow</i>).	Jordan, Algeria, Portugal, Tunisia, Turkey, Morocco, Syria, Greece, Italy and Spain (Olive oil producing countries).
4.	<i>Punicagranatum L.</i>	Punicaceae	Pomegranate	Origin from Iran (Janick, J., &Paull, R. E. 2008).	Iran, Iraq, Afganistan, Egypt, Spain and Morocco,(Ross, I. 2003).
5.	<i>ZizyphusMauritania Lam</i>	Rhamnaceae	Jujube, Chinese Dates, Indian Jujube, Malay Jujube.	China is native country for jujube for more than 4,000 years. (Janick, J., &Paull, R. E. 2008).	Zizyphus jujube is grown in China, India, Pakistan, Russia, Southern Europe, and Middle East. (Robin coe, 2012).
6.	<i>Musa Acuminata</i>	Musaceae	Banana	Malaysia is the native country of banana.	In South and Central America(Brazil, Ecuador,Guatemala, Panama,Mexico, Colombia). South-East Asia (China, Indonesia, Malaysia, Phillipines, Thailand). Africa (Burundi), other countries, Such as the India, China, and Brazil are the top banana growing countriess. (Top 10 banana producing countries).
7.	<i>Ficus carica L.</i>	Moraceae	Fig	Middle East	Turkey Egypt

					Algeria Iran Morocco Syria United States Tunisia Spain and Brazil (Top 10 Countries by Fig Producing)
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Table 4: Genus, Scientific Name, family, common name and toxins of Qur'anic fruit plant species (Source: Duke and James A. 2002).

No.	Genus	Scientific Name	Family	Common Name	Toxin
1.	<i>Phoenix</i>	<i>Phoenix dactylifera L.</i>	Arecaceae	Date	Cholesterol, coumarin, estrone, Glycerol, rutin.
2.	<i>Vitis</i>	<i>Vitisvinifera L.</i>	Vitaceae	Grape	Citric acid, coumarin, malic acid, Methyl salicylate, oxalic acid, Quercitrin, ricinoleic acid, Saponin, shikimic acid, succinic Acid, tannic acid, tartaric acid.
3.	<i>Olea</i>	<i>Oleauropea L.</i>	Oleaceae	Olive	Choline, glycerol, saponin.
4.	<i>Punica</i>	<i>Punicagranatum L.</i>	Punicaceae	Pomegranate	Comiine, estrone, gallicacid, Pelletierine, tannic acid.
5.	<i>Ziziphus</i>	<i>ZizyphusMauritaniaa Lam</i>	Rhamnaceae	Jujube	Saponin.
6.	<i>Musa</i>	<i>Musa Acuminata</i>	Musaceae	Banana	Citric acid, dopa, dopamine, Folic acid, isovaleric acid, Malic acid, maltose, Noradrenaline, oxalic acid, Pectin, serotonin, tannic acid, Tartaric acid.
7.	<i>Ficus</i>	<i>Ficuscarica L.</i>	Moraceae	Fig	Coumarin, ficin, malic acid, Methyl salicylate, oxalic acid, Rutin, saponin, tannic acid, Tylocrebrine.

Conclusion:

The study has discovered the Qur'anic Miracle on fruit plant species mention arrangement and number of mention times in the Holy Qur'an according to their importance. Different types of fruits contain various vital substances such as protein, amino acid, mineral, vitamins, carotene, calcium, iron, magnesium, volatile oil, allium and antioxidant and so on. In fact, all kinds of fruit plant species have been included the Holy Qur'an through using the in general word, as well as by name mention seven distinct fruit plant species for their special importance. Almighty Allah encourages the humans in conducting research in the fruit plant species as the humans can realize the signs of the Creator and will be benefited by properly having them. Hence, we should eat at least one or two fruits in a day mainly for their nutritional values and as a remedial using in order to cure from numerous diseases. Really, their medicinal properties have proven to return for treatment by the fruit as a folk medicine and their ability to get rid of a lot of incurable diseases without causing any side effects.

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