

Studies on Nutritious Distinct Vegetable Plants Species Mentioned in the Holy Qur'an and their Folk Medicinal Importance

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Abstract: Vegetables are very important food species among our daily foodstuff. The main aim of this study is highlighting the folk medicinal importance of vegetable species in the light of the Qur'an and the Prophetic sayings, and combining with the contemporary pharmaceutical findings. The researchers use the inductive methodology to collect the Qur'anic verses and the Prophetic traditions that talks about vegetables and their medicinal uses and health benefits. Also, they practice the analytical method to analyze related books, articles written on vegetable species and their importance in the light of modern clinical experiments. Eventually, this study proves that the Qur'an includes all kinds of vegetable in generally, and specific five distinct vegetable species. The species are: 1- Cucumis sativus L. (Cucumber) 2- Allium sativum (Garlic) 3- Allium cepa (Onion) 4- Cucurbita pepo / Lagenaria stereo (Gourd) 5- Cucurbita pepo (Pumpkin). This study arranges the vegetable species followed by their botanical name, family, group, the Qur'anic name, name mentioned in the Prophetic traditions, Arabic name, English name, nature and flavor, basic constituent as well as medicinal uses with caution.

Key words: Vegetable, Qur'an, Prophetic tradition, Folk medicine, Digestive tract, Nutrients

INTRODUCTION

Almighty Allah encourages the mankind to do research on the vegetable species in order to be benefited by having them. As such, He says: *"Have they not looked at the earth, how many of the noble pairs (of vegetation) We have caused to grow in it? Surely, in this there is a sign, but most of them are not believers"* [Al-Qur'an 26: 7-8] (M. Taqi Usmani). There are about twenty-two plants belong to seventeen families have been mentioned in the Qur'an as distinct plants (Khafagi, *et al.*, 2006). Among those plants this study focuses on five only. The plant species are: 1- Cucumis sativus L. (Cucumber) 2-Allium sativum (Garlic) 3-Allium cepa (Onion) 4- Cucurbita pepo /Lagenaria stereo (Gourd) 5-Cucurbita pepo (Pumpkin).

In addition, not only few specific vegetables and plant species have been mentioned in the Qur'an but also all kinds of vegetables and plant species in generally. 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 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"* [Al-Qur'an 6: 99], (M. Taqi Usmani). Further Allah says: *"And We sent down blessed water from the sky, and caused to grow there with gardens and grain of harvest"* [Al-Qur'an 50: 9], (M. M, Taqi Usmani). According to the interpretation of this Ayah by Abu Ja'far al-Tabari we see Allah says: We send down blessed water from the sky by raining and produce there with orchard trees and grain planting from wheat, barley and other all types of grains (Abu Ja'far al-Tabari, Vol.26, P.152). Likewise, al-Tabari says: Also, included in this Ayah other crops, seed and vegetables those contains various vitamins and necessary nutrition for better health.

Vegetables are those herbaceous plants whose part or parts are eaten as supporting food or main dishes and they may be aromatic, bitter or distasteful. The nutrient contents of different types of vegetables are vary considerably and they are not a major source of carbohydrates compared to starchy foods which form the bulk of food eaten, but contain vitamins, essential amino acids as well as minerals and antioxidants. Vegetables are included in meals mainly for their nutritional values. However, some are reserved for sick and convalescence because of their medicinal properties (S. K, Marwat, *et al.*, 2009).

The Qur'an informs us that each sickness has a remedy; Allah says: "Say, for those who believe, it is guidance and cure" [Al-Qur'an 41: 44]. Furthermore, Allah says: "And We send down of the Qur'an that which is curative and mercy for the believers". [Al-Qur'an 17: 82]. The messenger of Allah (May Allah peace be upon him) several times used certain herbs and suggested about different medicinal plants to cure of common diseases. The Prophet (May Allah peace be upon him) frequently emphasize on the nature and importance of

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various foods and spices (S. K, Marwat, *et al.*, 2009). For instance, Anas (R.A) said: “The Prophet (May Allah peace be upon him) used to eat gourd” (Ibn Majah Abu Abdullah Muhammad ibn Yazid, Vol. 10, P.34, N. 3293).

The aim of this study is collecting the Qur’anic verses on vegetables, mentioning the botanical names, genera, families and common names of these vegetables. Furthermore, the aim of this study is highlighting the remedial uses and health benefits of these vegetables in the light of the Holy Qur’an and Ahadith and modern clinical findings.

MATERIALS AND METHODS

This study was conducted by analyzing the Qur’anic verses, Ahadith related to vegetable species, and books, articles details folk medicines as well. The vegetable species were arranged in accordance with the Qur’anic name, botanical name followed by family, common name, nature and flavor, basic constituents, remedial uses and references.

Results:

The Qur’an is an everlasting Miracle. Its momentous methodology that has been used in the arrangement, appropriate using of words to express the subjects are absolutely Miracle. The study has proved the Qur’an includes all kinds of vegetable in general by using the appropriate Arabic word ‘*Baql*’ (Potherb) in Surah al-Baqarh 2: 61. Besides, after indicating to all kinds of vegetable plants species in generally by the word “*Baql*” (Potherb), Almighty Allah mentions specific five distinct vegetable species. The species are: 1- *Cucumis sativus* L. (Cucumber) 2- *Allium sativum* (Garlic) 3- *Allium cepa* (Onion) 4- *Cucurbita pepo* /*Lagenaria stereo* (Gourd) 5- *Cucurbita pepo* (Pumpkin). Hence, undoubtedly the wisdom of the Holy Qur’an is that included all kinds of vegetables by selecting the appropriate Arabic word ‘*Baql*’. Moreover, the study proves that there has the Qur’aic evidence on all kinds of vegetable species, Allah says: “He is the One Who sent down water from the heavens. Then We brought forth with it vegetation of all kinds” [Al-Qur’an 6: 99]. In addition, the study has integrated between the Prophetic tradition and modern medical experiment on the vegetables. For example, cucumber is coolness and sometimes it hurts some parts of the stomach. Hence, the Prophet (May Allah peace be upon him) ate cucumber with ripe dates. Also, He ate it with raisins or honey to make it milder in the stomach [For more information & reference see warning on *cucumis sativus* L.]. Similarly, the study has found in the interpretations of the Prophetic traditions cause for preventing on having raw onion and garlic is that change the aroma of mouth that bothers those in our presence and angels. Besides, the study has found from ancient Muslim researcher and modern pharmacological and clinical reports few major bad effects on eating raw onion and garlic such as people who are suffering from flatulence it is suitable not having onion constantly. Having great measures raw onions affects the intellect, and makes a person forgetful. Likewise, raw onions cause migraines, headaches, flatulence and bring darkness to the sight, affect the mind and change the aroma of mouth. Cooking onions dissipates these side effects of onion. Indeed, the Messenger of Allah (May Allah peace be upon him) said: “If it is essential eating them, so formulate them dead (make them milder) by cooking, that is onion and garlic” [For more information & reference see warning on *allium cepa*.]. We think those bad effects are causes of prevention by the Messenger of Allah (May Allah peace be upon him) in having raw onion and garlic. Likewise, few bad effects in having raw garlic such as gastrointestinal irritation, toxic (poisonous) to the heart, liver and kidney [For more information & reference see warning on *Allium sativum*]. Furthermore, this study has found that the Messenger of Allah (May Allah peace be upon him) used to having gourd and pumpkin more than other vegetables. Undoubtedly, there have significant health benefits in eating gourd and pumpkin. Therefore, both were the most favorite vegetables as a supporting food or main dishes among the foods of the Messenger of Allah (May Allah peace be upon him). The modern medical experiment proves the remedial use and significant health benefit of pumpkin and gourd. Pumpkin is useful for who is suffering from bronchial asthma, cough and edema. It is useful in headache, common cold, heart diseases, lung infection, maleness, piles, arthritis and fever [For more information & reference see remedial use and health benefit of pumpkin]. Similarly, gourd is very useful for those who have hot temperaments and those are suffering from fever, hot tumors, eye infections [For more information & reference see remedial use and health benefit of gourd].

Discussion:

1- <i>Cucumis sativus</i> L.	
Family Name:	Cucurbitaceae.
Mentioned in the Qur’an:	Qissaun.
Mentioned in the Ahadith:	Qissaun.
Arabic Name:	Qissaun, Khiyar.
English Name:	Cucumber.
Nature and flavor:	Sweet and cold (Cai Jingfeng, 1996, p154).

Basic Constituents:

Cucumber is containing sugar, protein, vitamin C and volatile oil, free amino acids, rutin, and chlorogenic acid. Its base is slightly bitter containing cucurbitacin A, B, C and D. (Cai Jingfeng, 1996, P. 154).

References from Holy Qur'an:

Surah al-Baqarh (the cow) 2: 61: "And remember you said: "O Moses! We cannot endure one kind of food (always); so pray to your Lord for us to produce for us of what the earth growth, its potherbs, and cucumbers, its garlic, lentils, and onions" (A. Yusuf Ali).

Reference from the Ahadith:

In the sunan Abu Daud it is narrated that Abdullah bin Ja'far said: "The Prophet (May Allah peace be upon him) used to eat cucumber with ripe dates" (Abu Daud Sulyman, Vol.3, P.363, No. 3835).

Remedial Uses and Health Benefits of Cucumber:

It clears fever, facilitates water excretion and has antitoxic effect. It is mainly applied for sore throat, red eyes and thirst (Cai Jingfeng, 1996, P.154). Cucumber make cools the hotness in the stomach. It does not being digest quickly. It helps relieve the prostate pain. Also, relieve nausea while its seeds are a diuretic. Leaves are used as a bandage; they help against dog bites (Ibn Qayyim al-Jauziyah, 2003, P. 307).

Warning:

Cucumbers not being digest easily and its coolness sometimes hurts some parts of the stomach. Hence, should eating cucumber with what would make its coolness and wetness milder, just as the Prophet (May Allah peace be upon him) did by eating ripe dates with it. Also, eating it with raisins or honey makes it milder in the stomach (Ibn Qayyim al-Jauziyah, 2003, P. 307). In addition, the drugs.com authority identifies in the light of the pharmacological experiment that cucumber as one of the main gas-causing foods. A substance in cucumbers is known as cucurbitacin that causes indigestion in some people. Cucumbers likely to cause burping, stomach pains and other signs of indigestion. (Ellen Douglas, 2011).

2- Allium Cepa:

Family	Lillaceae
Mention in the Quran:	Basal
Mention in the Hadith:	Basal
Arabic Name:	Basal
English Name:	Onion
Nature and flavor:	Pungent, warm, non-toxic (Cai Jingfeng, 1996, P. 87).

Basic Constituents:

Onions contain carotene, calcium, iron, magnesium, volatile oil and allium (Cai Jingfeng, 1996, P. 87). Also, contains caffeic acid, ferulic acid, quercetin, polysaccharide A and B and vitamin A, B₁, B₂ and C. (Cai Jingfeng, 1996, P. 110).

References from Holy Qur'an:

Almighty Allah says "And remember you said: "O Moses! We cannot endure one kind of food (always); so pray to your Lord for us to produce for us of what the earth growth, its potherbs, and cucumbers, its garlic, lentils, and onions" [Al-Qur'an 2: 61] (A. Yusuf Ali).

References from the Hadith:

The Messenger of Allah (May Allah peace be upon him) said: "Whoever eats garlic or onion from hunger or other, should not come near us in our mosques" (Muhammad bin Isma'il Abu Abdullah Al-Bukhari, H 1422, Vol.1, P. 170).

Narrated from Jabir (May Allah bless him) said: The Messenger of Allah (May Allah peace be upon him) said: Whoever eats this plant whose breath smells of onion, should not come near us in our mosques, because; the angels hate everything that the men hate." (Muslim ibn Hajjaj Abu al-Hasan al-Qushyri, Vol.1, P. 394, No. 563). Even so, this prevention by the Prophet (may Allah peace be be upon him) does not make eating raw onions and garlic totally prohibited. Better avoid eating raw onion and garlic without essential or Doctors' suggestion because modern clinical experiment reveals some major side effects in having raw onion and garlic.

Narrated from Muawiyah Ibn Qurrah (May Allah bless him) said: The Prophet of Allah (May Allah peace be upon him) prohibits these two plants (onion and garlic) and he said: Whoever eats them should not come near

us in our mosques, and he said: If it is essential to eat them, so formulate them dead by cooking, that is onion and garlic.” (Abu Daud Sulyman ibn al-Asht al-Sazastani, Vol. 10, P. 300, No. 3331).

Narrated from Abu Ziyad Khayar ibn Salamah asked to the Aisha (May Allah be pleased upon her) about onions. She replied: “The last food that the Messenger of Allah (May Allah peace be upon him) ate was some food which contained onions.” (Abu Daud Sulyman ibn al-Asht al-Sazastani, Vol.10, P. 302, No. 3333).

Remedial Uses and Health Benefits of the Onion:

It has a bactericidal effect. It is beneficial to coronary heart disease (Cai Jingfeng, 1996, P. 110). In folk medicine, onion is used as a diuretic (a substance which causes an increase in the production of urine (*Cambridge*) and expectorant (a type of cough medicine used to loosen phlegm (=thick liquid) from the lungs (*Cambridge*)). Onion also acts to reduce fibrinolysis activity and is considered beneficial in the treatment of atherosclerosis (Henry C. Lu, 1995, P. 95). It is also useful for cough, pneumonia, kidney, and rheumatism (Akmal Mansur, 1994, P. 95). It is useful in improving hair loss, digestive disorders, severe cough, internal hemorrhoids, blood pressure, diabetes, chronic chest infections, colds and chapped feet (Saleh Muhammad Buhady, 2008, P. 39, and Ibn Qayyim al-Jauziyah, 2003, P. 257). Onions is helpful in purifying the blood, helps to better blood circulation and strengthens the nerves. Working to kill germs especially typhus germs and kill germs that infected wounds and it can also eliminates insomnia. Onions are anticancer and protects against infection. Useful for patients those are suffering from diabetes and have reduced dry mouth and thirst. It also acts as a tonic for sexual ability, beneficial for the skin and hair, Useful in asthma and helps in better breathing (Syed Husayn Najib Muhammad, 2002, PP. 144-146). Moreover, onions is antidote, useful in cholera, diarrhea, stomach diseases, fever, ear pain, improve sperm production, appetizer, intestinal diseases, hepatitis, piles, eye diseases, and it acts to clear the face and skin spots (S.K. Marwat, *et al.*, 2009, and Ibn Qayyim al-Jauziyah, 2003, P. 257).

Remedial uses and health benefits of Green Onion White Head:

Green onion white head is a significant herb in Chinese medicine. It can induce perspiration and warm the body. It is most frequently used to relieve common cold at its early stages (Henry C. Lu, 1995, P. 95).

Warning:

People who are suffering from flatulence (gas in the stomach and bowels) it is suitable not to use onion constantly because it may magnify the condition (Cai Jingfeng, 1996, p110). Having great measures raw onions affects the intellect, and makes a person forgetful (Badr Azimabadi, 1996, P. 277). Similarly, raw onions cause migraines, headaches, flatulence and bring darkness to the sight, affect the mind and change the aroma of the mouth and the taste of food. Cooking onions dissipates these side effects of the onion. Therefore, the Prophet (May Allah peace be upon him) ordered those who eat onion and garlic to kill them (make them milder) by cooking (Ibn Qayyim al-Jauziyah, 2003, PP. 257-258).

3-*Allium Sativum*:

Family:	Alliaceae/Liliaceae
Mentioned in the Qur'an:	Fum
Mentioned in the Hadith:	Thum
Arabic Name:	Thum
English Name:	Garlic
Nature and flavor:	Pungent and warm with stimulating odour (Cai Jingfeng, 1996, P.88).

Basic Constituents:

Volatile oils, proteins (e.g. glutamyl peptides), amino acids, minerals, vitamins, trace elements, lipids, prostaglandins A₂, D₂, E₂, F₂ (J. Barnes, *et al.*, 2007, P. 279). It also contains calcium and iron (Cai Jingfeng, 1996, P. 88).

References from the Holy Qur'an:

Almighty Allah says, “And remember you said: "O Moses! We cannot endure one kind of food (always); so pray to your Lord for us to produce for us of what the earth growth, its potherbs, and cucumbers, its garlic, lentils, and onions [Al-Qur'an 2: 61] (A. Yusuf Ali).

References from the Hadith:

Narrated from Ali (R.A) that the Prophet of Allah (May Allah be upon him) said: “Eat garlic! If I not conversing with the angel of Allah (Jibril), of course I would eat garlic” (Suywti, Vol. 15, P. 318, No.15594, and Albni, Vol. 18, P. 269, No: 8622).

The Prophet of Allah (Peace and blessings of Allah be upon him) said: “Whoever eats garlic or onion from hunger or other should not come near us in our mosques” (Muhammad bin Ismail Abu Abdullah Al-Bukhari, H 1422, vol.1, P. 170).

Two purposes have been mentioned in this Hadith in having garlic or onion. First purpose is to remove hungry. As garlic or onion is a halal food hence, according to the Prophetic tradition there is no prevention in having these food species. The second purpose is others that are not specific. As a result of deep attention in this Hadith the researchers have found the Prophetic wisdom in using in His saying the word ‘others’. It is a wisdom that the Prophetic saying ‘others’ indicates to a lot of purposes in having garlic or onion as a folk medicine in curing numerous kinds of disease. However, person who eats garlic or onion from hunger or as a folk medicine he/she should not going to the mosque because raw onion or garlic is cause in changing the aroma of mouth that disturb other people in concentrating on their prayer.

Narrated from Muawiyah ibn Qurrah (may Allah bless him) said: The Prophet of Allah (May Allah peace be upon him) forbids in eating these two plants (Onion and Garlic), and he said: Whoever eats them should not come near us in our mosques, and he said: If it is essential to eat them, so formulate them dead by cooking, that is onion and garlic” (Abu Daud Sulyman ibn al-Ashath al-Sajastini, Vol. 10, P. 300, No. 3331).

The Prophetic saying “If it is essential to eat” the word ‘essential’ indicates for many purposes of eating raw onion and garlic including folk medicinal importance.

Remedial Uses and Health Benefits of Garlic:

The protective effects of garlic are consumption against various cancers including colon, stomach, larynx, breast and endometrial (J. Barnes, *et al.*, 2007, p285, and Zaid, H., & Saad, B.). Garlic is active on plasma lipid normalization, an increase of fibrinolysis activity, decrease in blood pressure and blood glucose. Garlic contains potential in the prevention and control of cardiovascular disorders (Ernst, E. 1987). The scientific research has revealed that onion and garlic are used in the cure and prevention of obesity, heart disease, hypercholesterolemia, diabetes type 2 and hypertension. In addition, the scientific research on garlic started in the 19th century by the effort of Louis Pasteur who in 1858 first discovered antibacterial properties of garlic (Zaid, H., & Saad, B.).

Warning:

Those who suffering from blood clots slowly should avoid the therapeutic doses of garlic (J. Barnes, *et al.*, 2007, p279). In view of the pharmacological actions documented for garlic, there may be an increased risk of bleeding with use of garlic supplements in patients undergoing surgery. Gastrointestinal irritation may occur particularly if the clove is eaten raw by individuals not accustomed to ingesting garlic (J. Barnes, *et al.*, p286). Raw garlic homogenate has been testified to exert antioxidant potential but higher doses have been shown to be toxic (poisonous) to the heart, liver and kidney (Banerjee, S. K., *et al*, 2003). Furthermore, raw garlic is very strong, so eating too much could produce problems, for example irritation of or even damage to the digestive tract. And cause for skin rash temperature and headaches (Asker, 2007).

Gourd and pumpkin:

Yaqtin means gourd or pumpkin, although the word yaqtin entails more meanings than these two. The Arabic word yaqtin in entails every tree that does not have a stem such as watermelon and cucumbers (Ibn Qayyim al-Jauziyah, 2003, P. 349). Although the Qur’anic word yaqtin includes those trees are not based on full swing in spite of that according to the opinion of ancient and contemporary Qur’anic interpreters we see some of them interpreted yaqtin is gourds and others taken pumpkin. Similarly, mentioned in the Hadith dubbaun (gourd) and qarun (pumpkin). Near the botanist for gourd and pumpkin botanical name are same ‘cucurbita pepo’ and their family also same ‘cucurbitaceae’. Also their nature and flavor same. Moreover, with other basic constituents gourd and pumpkin contain protein, carotene, vitamins B₁, B₂, and C. Hence, in the light of above mention information we can say that the interpretation of yaqtin is gourds and pumpkin, as well as in the Hadith has been mentioned dubbaun (gourd) and qarun (pumpkin) are absolutely accurate. So we are going to elaborate discussion on gourds and pumpkin to prove the above mention information.

4. Cucurbita pepo./ Lagenaria siceraria/ Lagenaria steraia.
Family: Cucurbitaceae.

Mentioned in the Qur'an: Yaqtin.
Mentioned in the Hadith: Dubbaaun, Qarun.
Arabic Name: Yaqtin, Dubbaaun, Qarun.
English Name: Gourd
Nature and flavor: sweet and slightly cold (Cai Jingfeng, 1996, P.136).

Basic Constituents:

Gourd contain water, sugar, cellulose, protein, carotene, vitamins B₁, B₂ and C, calcium, nicotinic acids, phosphorus and iron. Moreover its flower contains asparagine (Cai Jingfeng, 1996, P. 136).

Reference from the Qur'an:

Allah says "And We caused to grow over him, a spreading plant of the gourd kind" [Al-Qur'an 37: 146] (A. Yusuf Ali).

Reference from the Hadith:

Anas bin Malik (R.A) said: "Once a tailor invited the Messenger of Allah (May Allah peace be upon him) for a meal which he had made. Anas bin Malik (R.A) said I went with the Messenger of Allah (May Allah peace be upon him) to that food. The tailor served the Messenger of Allah (May Allah peace be upon him) bread and soup which made by gourd as well as dried meat. I saw the Prophet (May Allah peace be upon him) took the gourd from the dish. Said Anas (R.A) since that day I like to eat gourd commonly" (Muhammad bin Ismail Abu Abdullah Al-Bukhari, H. 1422). This Hadith is evidence on the virtue of Anas (R.A). His love has reached for the Messenger of Allah (May Allah peace be upon him) that he choose the foods that is favorite food of the Messenger of Allah. Moreover, it is evidence on the importance of gourd on the other vegetables (Budur Uddin Mahmud ibn Ahnd al-Ayni, Vol. 11, P. 211).

From Anas (R.A) that "the Prophet (May Allah peace be upon him) used to eat gourd and that is pumpkin" (Ahmad ibn Ali ibn al-Mathny, 1984).

Anas (R.A) said: "The Prophet (May Allaah peace be upon him) used to eat gourd" (Ibn Majah Abu Abdullah Muhammad ibn Yazid, Vol. 10, P. 34, N. 3293).

Ibn Jaber from his father said: I entered in the house of the Prophet (May Allah peace be upon him), and he has a gourd, I asked Him what is this? He said: this is a pumpkin; this is a gourd; we will increase by this our food" (Ibn Majah Abu Abdullah Muhammad ibn Yazid, Vol. 10, P. 36, No. 3295).

Remedial Use and Health Benefit Of Gourd:

Gourd is very useful for those who have hot temperaments, and those are suffering from fever. It helps against hot tumors. Also, its skin helps ease the swelling of hot eye infections and against gout (Ibn Qayyim al-Jauziyah, 2003, P. 350). The root of gourd is useful in curing of the dropsy. Juice of gourd leaf is commonly used for baldness, leaves mixed with salt or coconut oil are frequently used as poultices for mange tumors and skin irritation. Also, useful the decoction of its leaves, mixed with sugar in curing of jaundice. Moreover, flowers of gourd are very effective antidote to poison (S.K. Marwat, *et al*, 2012).

5-Cucurbita pepo

Family: Cucurbitaceae.
Mentioned in the Qur'an: Yaqtin.
Mentioned in the Hadith: Dubbaaun, Qarun.
Arabic Name: Yaqtin, Dubbaaun, Qarun.
English Name: Pumpkin.
Nature and flaver: sweet and cold (Cai Jingfeng, 1996, p137).

Basic Constituents:

Pumpkin contain trigonelline, carotene, adenine, vitamins B and C, glucose and sucrose (Cai Jingfeng, 1996, p137). Its seeds contain fat, protein, vitamins A, B₁, B₂ and C, and carotene (Cai Jingfeng, 1996, p137, and Dai Yin-fang & Liu Cheng-Jun, 1999).

Reference from the Qur'an:

Almighty Allah says, "And We caused to grow over him, a spreading plant of the gourd kind" [Al-Qur'an 37:146] (A. Yusuf Ali).

Reference from the Hadith:

(See reference of Cucurbita pepo (gourd)).

Remedial Use and Health Benefit of Pumpkin:

Pumpkin is useful for who is suffering from bronchial asthma, cough, edema (Henry C. Lu, 1995, P. 96). It is useful in headache, common cold, heart diseases, lung infection, maleness, piles, arthritis and fever (S.K. Marwat *et al.*, 2009). Likewise, pumpkin is beneficial for blood and purulent phlegm, night blindness, and habitual miscarriage (Cai Jingfeng, 1996, p138). Furthermore, pumpkin seeds are remedy in whooping cough in small children, lack of milk for nursing mothers, hemorrhoids, anemia, malnutrition and constipation (Dai Yin-fang & Liu Cheng Jun, 1999, P.105).

Table 1: Citation of the Surahs and Ayat according to the Qur’anic arrangement of 5 vegetable species have been mentioned in the Qur’an.

No.	Botanical name	Common Name	Surahs and Ayat	Mention time
1.	Cucumis sativus L.	Cucumber	1 Surah Surah Al-Baqarah (The Cow) S2: A61.	1 time
2.	Allium sativum	Garlic	1 Surah Surah Al-Baqarah (The Cow) S2: A61.	1 time
3.	Allium cepa	Onion	1 Surah Surah Al-Baqarah (The Cow) S2: A61.	1 time
4.	1.Cucurbita pepo 2.Lagenaria siceraria. 3.Lagenaria steraia.	Gourd	1 Surah Surah As-Saffat (Those Who Set The Ranks) S37: A146.	1 time
5.	Cucurbita pepo	Pumpkin	1 Surah Surah As-Saffat (Those Who Set The Ranks) S37: A146.	1 time

Table 2: Opinion of great scholars of tafsir on the interpretations of following vegetable species have been mentioned in the Qur’an.

No.	Botanical name /Common Name	Qur’anic Name	Name of Interpreter	Interpretation	Reference
1.	Cucumis sativus L. (Cucumber)	<i>Qissaun</i>	Abu Jafar al-Tabari Abu Ja’far al-Tabari Abu Saud Al-Raji Al-Zuhyli	Qissaun (cucumber) is known among the people. There are not deferent interpretation on qissaun. Cucumber Cucumber Cucumber Cucumber	Tafsir al-Tabari Tafsir al-Tabari Tafsir Abu Saud Tafsir al-Raji Tafsir al- Monir
2.	Allium sativum (Garlic)	<i>Fum, Sum</i>	Abu Jafar al-Tabari	There are different interpretations of garlic among the ancient scholars according to their understanding, tribe language, ancient language as well as reading as follows: According to the understanding: Garlic. Garlic.	Tafsir al-Tabari

			Mujahid	Wheat.	Tafsir al-Tabari
			Ibn Abi Jafr from his father al-Rabi		Tafsir al-Tabari
			Ibn Abi Naji from Ata	According to the language of "tribe Hashim":	Tafsir al-Tabari
				Wheat.	
				According to the ancient language:	
			Ibn Abbs	In ancient Arabic language "Fum" is wheat.	Tafsir al-Tabar
				According to the reading:	
			Abu Jafar al-Tabari	The reading of the Qur'anic word near by Ibn Masud (R.A) is <i>Sumiha</i> (ثومها) garlic.	Tafsir al-Tabari
				Garlic is more suitable	
			Abu Jafar al-Tabari	Garlic.	Tafsir al-Tabari
				Wheat and Garlic.	
			Al-Farra	In the ancient language mening of <i>Fum</i> is wheat and bread. On the other hand the Arab some times change the letter "ف" by the "ث"	Manil Qur'an
			Abu Saud	and it is proves in the several reading; For example, reading of Abdullah ثومها included both wheat and garlic because there has similarity with lentils and onions.	Tafsir Abu Saud
			Al-Raji		Tafsir al-Raji
				According to the reading of Ibn Masud (R.A) <i>Sumiha</i> (ثومها) is garlic and coupling onions after it.	

			Ibn Abbas, Mujahid, Akramah, Abu Saud	Everything grows on the earth has no swing such as watermelon, cucumbers, and colocynth, and many interpreters opinion it is gourd.	Tafsir al-Tabari Tafsir ibn kasir Tafsir Abu Saud
			Al-Raji	It is gourd and known as pumpkin. Moreover, flies are not seat on its leafs.	Tafsir al-Raji
			Muhammad Sayyid Tantawy	Included in general every tree is not based on a leg, such as watermelon, cucumber and pumpkin. It has been said that it is a pumpkin tree, and was told otherwise also.	Tafsir al-Wasith
			Al-Zuhyli	Abu Huryrah said; <i>al-Yaqtinah</i> is tree of gourd.	Tafsir al- Munir

Table 3: Key to the identification of vegetable species mentioned in the Qur'an by the Qur'anic name, botanical name family name as well as common name

No.	Qur'anic Name	Botanical Name/Scientific Name	Family Name	Common Name/ English Name
1.	Qissaaun.	Cucumis sativus L	Cucurbitaceae	Cucumber
2.	Fum, Sum.	Allium sativum	Lilliaceae	Garlic
3.	Basal.	Allium cepa.	Lilliaceae	Onion
4.	Yaqtin.	There are three botanical names for yaqtin as follows: 1.Cucurbita pepo. 2.Lagenaria siceraria. 3.Lagenaria steraia.	Cucurbitaceae	Gourd, Bottle Gourd, White Gourd.
5.	Yaqtin.	Cucurbita pepo	Cucurbitaceae	Pumpkin

Conclusion:

The grace of Almighty Allah upon humans is every vegetable species is in fact a full pharmacy that contains active substances. Different types of vegetables are contain various vitamins such as proteins, amino acids, minerals, vitamins, carotene, calcium, iron, magnesium, volatile oil, allium and antioxidants etc. Therefore, the Qur'an includes all kinds of vegetable species. Almighty Allah encourages the mankind to do research on the vegetable species as though human can be benefited by having it. Moreover, Anas (R.A) said: "The Messenger of Allah (May Allah peace be upon him) used to eat gourd". Indeed, according to the age and health we should include necessary quantity of vegetables in our daily meals. It is mainly for their nutritional values and as a remedial use in curing from numerous diseases. Their medicinal properties have proven to return

for treatment by vegetables 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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