# Medicinal Plants and Their Uses; Mentioned in The Holy Quran and Hadith

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**ABSTRACT:** Islam is the most all-encompassing religion, which offers the flexibility to adapt to new technologies and a comprehensive approach to living. In Islam, the ethical principles of biomedical ethics are connected to the Holy Quran and Prophet Muhammad (PBUH). The current research is a component of the checklist of medicinal plants and their uses recorded in the Holy Quran. Approximately 14 plant species from various families have been identified, each possessing unique medicinal qualities, chemical compositions, and their global distribution. This study will provide detailed information regarding the extensive variety of plants referenced in the Holy Quran and Hadith, categorizing them as sacred plants such as fig, olive, date palm, and pomegranate, or aromatic plants such as ginger and basil, alongside nutritious plants like onion and garlic. Centuries ago, the Quran highlighted the beneficial aspects of numerous food items, and contemporary scientists have discovered some of these through extensive research, helping to appreciate the magnificence of God. It is concluded that herbal medicines are increasingly utilized worldwide due to their greater cultural acceptance, minimal harmful effects, and either negligible or significantly reduced side effects.

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

## 1. INTRODUCTION

The Quran is seen as both spiritual and behavioral guidance for all Muslims [1-4]. Islamic medicine originated from Hazrat Adam (Alaihe Salaam) and was completed at Hazrat Muhammad (PBUH), but the discovery and collection of these medicines have continued worldwide after the demise of the Holy Prophet Muhammad (PBUH). Natural products exhibit fascinating and beneficial biological activities, and they also serve various functions. Increasingly, researchers are focusing on natural products to create improved drugs for cancer, as well as for viral and microbial infections [2-6]. The holy Quran, which is 1400 years old, is the word of GOD as conveyed by the angel Gabrielle in the Arabic language through Prophet Mohammed (PBUH). The religious text is available in multiple languages and is divided into 114 surahs, or chapters, which are typically categorized into two groups: those revealed in Mecca or Medina. Each surah is further divided into ayahs or verses. The surahs vary in length, with the longest surah 2 containing 282 verses, while the three shortest surahs (103, 108, and 110) each consist of three verses. The Holy Quran addresses various species of plants, including grapes, fig, ginger, cucumber, garlic, lentils, and the toothbrush. Agricultural crops such as grains, seeds, and fodder, along with the reproductive and germination processes of the plant kingdom, are also mentioned. Islamic medicine began with Hazrat Adam (Alaihe Salaam) and was finalized at Hazrat Muhammad (PBUH); however, the exploration and compilation of these medicines continue globally after the death of Holy Prophet Muhammad (PBUH) [7-8]. Al-Quran is among the most significant reference texts that detail the importance of plants in various Surahs like Al-Momeenoon, Al-Rehman, Al-Bakra, and Al-Inaam. Our Holy Prophet (PBUH) utilized and advocated for medicinal plants for numerous ailments and food purposes [9]. The history of Islamic medicine commenced in the second century of Hijra when Abdul Malik Bin Habib Undlasi authored his first book "Tib-e-Nabvi". In the third century of Hijra, Muhammad Bin Abu Bakar Ibne Ulsani and Abu Naeem Isphani wrote their books on this topic. During the same period, other Muslim scholars such as Ali bin Mossa Raza and Imam Kazim Bin Jaffar also contributed to Islamic medicine. In the fourth century of Hijra, scholars like Abi Jaffar Almustaghfri, Zia uddin Almukadasi, Shams Uddin Albali, Kahal ibne Tarkhan, Muhammad bin Ahmed Zahabi, Muhammad Abu Baker Alkaim, Jalal uddin Alseuoti, and Abdul Razzaq Bin Mustafa Altanki made significant contributions to this field. The book "Alnabvi fee Mannaf al Makalat" by Abdul Razzaq Altanki is notable from this era. Other important texts that remain available include "Kanz ul amal Fee Sanan Walakwal," which provides extensive information about the medicines of the Holy Prophet (Salla llahu Alayhi Wasallama) [10]. These medicinal plants continue to be widely utilized as a primary source of drugs for treating various ailments. The current investigation does not imply that the plants and plant parts mentioned in the Holy Quran are solely for medicinal uses; they are also described for other purposes. The Holy Quran is regarded as a reference

for the mention of these plants. This research work forms part of a checklist of medicinal flora and their applications as documented in the Holy Quran. The current research work is a component of a checklist of medicinal plants and their uses as outlined in the Holy Quran.

## 2. MATERIALS AND METHODS

The Holy Qur'an served as the primary source for this extensive study. The Holy Quran is made up of 114 Surahs (Chapters) and 6666 Verses. We conducted a thorough examination of the Holy Qur'an, and the Surahs and verses were chosen solely if they mentioned specific plant names. This research was carried out by analyzing the Holy Quran, Ahadith, and Islamic texts. Detailed and thorough information on plant species of ethnobotanical significance referenced in the Holy Quran and Ahadith were gathered from these sources. Plant species were systematically organized by botanical names in alphabetical order, followed by family, Quranic name, Arabic name, English name, habit and habitat, part used, medicinal uses, and citations from the Holy Quran, Ahadith, and Islamic texts. Correct botanical names, their corresponding families, and plant identifications were determined using the flora of Pakistan. The identification of the chosen plants was verified through existing literature such as books, journal articles, and families. The search terms included "English name" or "botanical name" of a specific plant to discover ethnomedicinal applications and pharmacological qualities.

## 3. RESULTS AND DISCUSSION

Existing findings were limited to 10 fruit plant species from 10 genera within 9 families mentioned in the Holy Quran, Ahadith, and Islamic literature. The plant species include: Citrullus lanatus, Cucumis sativus, Cydonia oblonga, Ficus carica, Olea europea, Phoenix dactylifera, Punica granatum, Salavadora persica, Vitis vinifera, and Zizyphus mauritiana, which are utilized globally for various purposes such as food, industrial products, and vegetables. The data encompasses the plant distribution, English name, common name, parts utilized, medicinal constituents, medicinal applications, and references cited from the Holy Quran.

### 1.1 *Ficus carica Linn:*

**English Name:** Common Fig

**Arabic Name:** Teen, Himaat

**Urdu Name:** Injeer Zard, Anjeer

**Kashmiri Name**: *Anjur*

**Botanical Name**: *Ficus Carica*

**Family:** *Moraceae*

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

**Parts used:** Roots, leaves and fruits

**Fig Nutrition:**

One small fresh fig (40 grams) contains Trusted Source:

| |
|---|
| • Calories: 30 |
| • Protein: 0 grams (g) |
| • Fat: 0 g |
| • Carbs: 8 g |
| • Fiber: 1 g |
| • Sugar: 6.5 g |
| • Copper: 3% of the Daily Value (DV) |
| • Magnesium: 2% of the DV |
| • Potassium: 2% of the DV |
| • Riboflavin: 2% of the DV |
| • Thiamine: 2% of the DV |
| • Vitamin B6: 3% of the DV |
| • Vitamin K: 2% of the DV |

Figs are especially abundant in copper and vitamin B6.

Copper is an essential mineral that plays a role in various bodily functions, including metabolism and energy production, as well as the development of blood cells, connective tissues, and neurotransmitters.

Vitamin B6 is a crucial vitamin required to assist your body in breaking down dietary protein and synthesizing new proteins. It also has a significant role in maintaining brain health.

**Medicinal Uses:**

This is utilized in various disorders like gastrointestinal (colic, indigestion, loss of appetite, and diarrhea), respiratory (sore throats, coughs, and bronchial issues), inflammatory, and cardiovascular disorders. Fig has historically been employed for its health advantages as a remedy for metabolic, cardiovascular, respiratory, antispasmodic, and anti-inflammatory conditions. The root acts as a tonic, beneficial in leucoderma and ringworm. The fruit is sweet, antipyretic, tonic, and purgative, useful in treating inflammation, weakness, paralysis, thirst, "Vatta diseases" of the head, liver and spleen ailments, chest pain, cures for piles, and stimulates hair growth. The milky juice serves as an expectorant and diuretic but is harmful to the eyes. Fig latex is applied as an anthelmintic. The Ficus carica leaf has been noted for its hypoglycemic, hepatoprotective properties, and the latex has shown anthelmintic activity [11]. This plant exhibits significant variation in Iran. [12].

**References from Quran and Hadith:**

Surah and Ayah in Quran: Surah 95. At-Tin, Ayah 1-8.

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

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

**1.2 *Allium Sativum:***

**English Name:** Garlic
**Arabic Name:** at-thum

**Urdu Name:** Lehsun

**Kashmiri Name**: Ruhan

**Botanical Name**: Allium sativum

**Family:** *Liliaceae*

**Distribution:** Cultivated throughout Egypt, Italy, France, India, Pakistan, China and USA **Parts used:** Bulb

**Garlic Nutrition:**

This nutritional data for a single clove of raw garlic (3g) is supplied by the USDA (Food Data Central. U.S. Department of Agriculture.)

| |
|---|
| • **Calories:** 4.5 |
| • **Fat:** 0g |
| • **Sodium:** 0.5mg |
| • **Carbohydrates:** 1g |
| • **Fiber:** 0.1g |
| • **Sugars:** 0g |
| • **Protein:** 0.2g |
| • **Vitamin C**: 0.9mg |
| • **Zinc**: 0.04mcg |

Carbs

The calories in garlic originate from carbohydrates, and due to the serving size and calorie count being so low, the carbohydrates in garlic are fairly minimal. A clove of garlic contains just one gram of carbohydrates.

Fats

Garlic contains no fat.

Protein

Garlic does not provide any significant amount of protein.

Vitamins and Minerals

Garlic has several vitamins and minerals; however, a single clove does not offer much because of the small serving size. Each clove has a small quantity of vitamin C, zinc, calcium, iron, potassium, magnesium, vitamin E, vitamin K, and manganese, as stated by the USDA.

Calories

A 3-gram clove of garlic has nearly no calories. Consuming the entire clove will only add four calories to your overall intake. Because you are likely to consume such a small amount of this food, the calories in garlic are not expected to significantly impact your daily food intake.

**Medicinal Uses:**

Garlic has a rich history of medicinal applications for many ailments and was historically referred to as the poor-man's treacle (or cure-all). In traditional medicine, garlic has been utilized to address bronchitis and respiratory issues, gastrointestinal disorders, flatulence, leprosy, menstrual pains, high blood pressure, diabetes, and has been applied externally for warts, corns, arthritis, muscle discomfort, neuralgia, and sciatica. Recently, research has started to validate some of garlic's historical medicinal applications. Studies and clinical trials have shown that garlic can reduce blood cholesterol, blood pressure, and blood sugar and has also displayed anti-cancer, antibacterial, anti-fungal, and antioxidant properties [15]. Garlic comprises compounds that are antibacterial, antifungal, and that lessen blood clotting. To release the active substance that imparts garlic its distinctive scent and therapeutic benefits, the garlic clove needs to be chopped or crushed. This process triggers an enzyme that leads to the creation of allicin, the element accountable for garlic's fragrance and medicinal capabilities.

**References from Quran and Hadith:**

And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing. (Sura Al-Baqarah (The Cow), Verse 61). Hazrat Abu Darda (RadiallahoAnho) narrates that Rasullullah (SallallhuAlayhiWasallam) said, “Eat fig, for it cures the piles and is useful for rheumatism” [13].

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

**1.3 *Allium Cepa:***



**English Name:** Onion

**Arabic Name:** Basal

**Urdu Name:** Piaz

**Kashmiri Name**: Ganda

**Botanical Name**: Allium cepa

**Family:** *Liliaceae*

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

**Parts used:** Rhizome, leaves and seeds

**Onion Nutrition:**

Raw onions are extremely low in calories, containing just 40 calories per 3. 5 ounces (100 grams). By fresh weight, they consist of 89% water, 9% carbohydrates, and 1. 7% fiber, along with trace amounts of protein and fat. The primary nutrients found in 3. 5 ounces (100 grams) of raw onions are

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|---|
| • Calories: 40 |
| • Water: 89% |
| • Protein: 1.1 grams |
| • Carbs: 9.3 grams |
| • Sugar: 4.2 grams |
| • Fiber: 1.7 grams |
| • Fat: 0.1 grams |

Carbs

Carbohydrates constitute approximately 9–10% of both raw and cooked onions.

They are primarily made up of simple sugars, including glucose, fructose, and sucrose, in addition to fiber.

A serving size of 3. 5 ounces (100 grams) has 9. 3 grams of carbs and 1. 7 grams of fiber, resulting in a total digestible carb amount of 7. 6 grams.

Fibers

Onions serve as a good source of fiber, which represents 0. 9–2. 6% of the fresh weight, varying with the onion type.

They are particularly high in beneficial soluble fibers referred to as fructans. In fact, onions rank among the primary dietary sources of fructans.

Fructans are categorized as prebiotic fibers, which nourish the beneficial bacteria residing in your gut.

This process promotes the production of short-chain fatty acids (SCFAs), such as butyrate, which may enhance colon health, lessen inflammation, and decrease your risk of colon cancer.

Nevertheless, fructans are identified as FODMAPs, which might trigger unpleasant digestive symptoms in sensitive individuals, like those with irritable bowel syndrome (IBS).

**Medicinal Uses:**

Allium cepa L. has been grown and utilized as a source of nutrition for over 6000 years. In various countries, fresh onion juice is frequently suggested in folk medicine for alleviating pain and swelling resulting from bee or wasp stings, which lead to skin reactions induced by allergies. The noted inhibitory effects of onion extracts on such skin reactions resulted in the identification of antiinflammatory and anti-asthmatic thiosulphinates and cepaenes. The Ebers papyrus from Egypt mentions remedies made from onions for treating worm infections, diarrhea, and other infectious and inflammatory conditions. These prescriptions from traditional medicine have inspired several researchers in the latter half of the last century to evaluate onion extracts or onion oils for their antimicrobial properties that inhibit the growth of intestinal worms, fungi, and bacteria in both in vivo and in vitro settings [16].

**References from Quran and Hadith:**

And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing. (Sura Al-Baqarah (The Cow),verse 61) Muslim (567) narrated that ‘Umar (may Allah be pleased with him) said: “O people, you eat two plants which I find to be nothing but repugnant, this onion and garlic. I remember the Messenger of Allah (blessings and peace of Allah be upon him), if he noticed their smell coming from a man in the mosque, he would issue orders that he taken out to al-Baqee’. Whoever eats them, let him cook them to death”. **1.4 *Lens Culinaris:***

**English Name**: Lentil

**Arabic Name:** Adas

**Urdu Name:** Dal Masur



**Kashmiri Name**: Masur Dal

**Botanical Name**: ***Lens Culinaris***

**Family:** *Leguminosae*

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

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

**Lentil Nutrition:**

Lentils are frequently disregarded, despite being a cost-effective source of a broad range of nutrients. For instance, they are abundant in B vitamins, magnesium, zinc, and potassium. Lentils contain over 25% protein, rendering them a superb substitute for meat. Additionally, they serve as an excellent iron source, a mineral that can be occasionally deficient in vegetarian diets. Although various kinds of lentils may have slight differences in their nutrient composition, 1 cup (198 grams) of cooked lentils typically offers the following

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| • Calories: 230 |
| • Carbs: 39.9 grams |
| • Protein: 17.9 grams |
| • Fat: 0.8 grams |
| • Fiber: 15.6 grams |
| • Thiamine: 28% of the DV |
| • Niacin: 13% of the DV |
| • Vitamin B6: 21% of the DV |
| • Folate: 90% of the DV |
| • Pantothenic acid: 25% of the DV |
| • Iron: 37% of the DV |
| • Magnesium: 17% of the DV |
| • Phosphorus: 28% of the DV |
| • Potassium: 16% of the DV |
| • Zinc: 23% of the DV |
| • Copper: 55% of the DV |
| • Manganese: 43% of the DV |

Lentils are rich in fiber, which aids in maintaining regular bowel movements and promotes the development of healthy gut bacteria. Consuming lentils can enhance your stool mass and boost your general gut performance.

Additionally, lentils include a wide variety of advantageous plant substances known as phytochemicals, several of which safeguard against long-term illnesses like heart disease and type 2 diabetes.

**Medicinal Uses:**

Lens culinaris (Lentil) is a member of the Leguminaceae family. It has 26. 64% protein, 54. 97% carbohydrates, 0. 43% fat, and 49. 11% starch per 100 g (dry), along with 197 mg calcium, 53. 2 mg sodium, and 53. 0 mg iron per kilogram [17]. It is utilized for its astringent, constipating, diuretic, antibacterial properties, as well as for diarrhea, dysentery, tumors, skin diseases, and general weakness.

**References from Quran:**

Surah and Ayah in Quran: Surah 2. Al-Baqara, Ayah 61.

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

**1.5 *Cucumis Sativus:***

**English Name:** Cucumber

**Arabic Name:** Qissa, Khiarun

**Urdu Name:** Khira

**Kashmiri Name**: لأر

**Botanical Name**: ***Cucumis Sativus***

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

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

**Parts used:** Fruits

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

**Cucumber Nutrition:**

A half cup of sliced cucumber (52g), including the peel, offers 8 calories, 0. 3g of protein, 1. 9g of carbohydrates, and 0. 1g of fat. Cucumbers serve as a beneficial source of potassium along with vitamins K and C. The USDA supplies the following nutritional details.

| |
|---|
| • Calories: 8 |
| • Fat: 0.1g |
| • Sodium: 1mg |
| • Carbohydrates: 1.9g |
| • Fiber: 0.3g |
| • Sugars: 0.9g |
| • Protein: 0.3g |
| • Vitamin K: 8.5mcg |
| • Vitamin C: 1.5mg |
| • Potassium: 76.4mg |
| • Vitamin B5: 0.1mg |
| • Magnesium: 6.8mg |

Carbohydrates

Half a cup of sliced cucumber contains nearly 2 grams of carbohydrates and 0. 3 grams of fiber. Additionally, there are 0. 9 grams of natural sugar present in cucumber. Cucumber has a low glycemic index of 15. 2, indicating that it is unlikely to elevate blood sugar levels.

Fats

There is virtually no fat in cucumber, with only 0. 1 grams per half cup of slices. The small quantity it possesses is mainly unsaturated fat, which is regarded as the "good" fat since it may aid in improving cholesterol levels.

Protein

Cucumbers are not a significant source of protein, offering merely 0. 3 grams per serving. Thus, if you aim to boost your protein intake, you should consume your cucumber alongside foods that are richer in protein, such as meat, nuts, and seeds.

Vitamins and Minerals

Cucumbers are inherently high in water, so their relative nutrient concentration is low. Nevertheless, they provide vitamin K, vitamin C, and potassium. Cucumber nutrition also encompasses trace amounts of calcium, magnesium, phosphorus, and vitamin A.

Calories

A half cup of cucumber (52g), including the peel, only delivers 8 calories. If you consume an entire cucumber that measures approximately 8. 25 inches in length (301g), you will ingest about 45 calories. Therefore, this vegetable is suitable for a low-calorie diet if you are mindful of your calorie consumption.

**Medicinal Uses:**

The Cucumber is a herbal plant characterized by a grooved stem and pointed branches and aspires, with triangular pointed wolf-like leaves, unisexual flowers, yellow, either solitary (male) or in clusters, that originates in Southeast Asia. The active constituents include carbohydrates, proteins and fats, potassium, phosphorus, calcium, magnesium and sodium salts, iron, and vitamins A, B1, B2 and C. The cucumber exhibits notable anti-angiogenesis and anti-tumor properties. In traditional medicine, it is utilized as a sedative and diuretic, has anti-rheumatic and sleep-inducing effects, and provides a tonifying action on the liver and kidneys. Its exceptional properties also contribute to the toning of hair, nails and skin, as well as reducing inflammation of the eyes. It serves as an effective appetite stimulant when taken prior to meals. Vouldoukis et al (2004) reported that the antithrombotic effect of a glycosaminoglycan extracted from cucumber seeds was documented [19].

**References from Quran and Hadith:**

And [recall] when you said, "O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions." [Moses] said, "Would you exchange what is better for what is less? Go into [any] settlement and indeed, you will have what you have asked." And they were covered with humiliation and poverty and returned with anger from Allah [upon them]. That was because they [repeatedly] disbelieved in the signs of Allah and killed the prophets without right. That was because they disobeyed and were [habitually] transgressing. (sura Al-Baqarah (The cow), verse 61) Narrated Abdullah bin Ja'far (RadiyallahuAnhu ): I saw Allah's Apostle (SallallahoAlayhiWasallam) eating fresh dates with cucumber [Bukhari, Muslim, Tirmizi, Ibne Maja [20].

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

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

**1.6 *Olea Europeae***



**English Name:** Olive

**Arabic Name:** Zaiytoon

**Urdu Name:** زیتون

**Kashmiri Name**: زیتون

**Botanical Name**: *Olea Europeae*

**Family:** *Oleaceae*

**Distribution:** Found in Central Asian countries

**Parts used:** Fruit and oil.

**Olive Nutrition:**

Olives have between 115 and 145 calories in 3. 5 ounces (100 grams), which is approximately 59 calories for 10 olives.

The nutritional information for 3. 5 ounces (100 grams) of ripe, canned olives is:

| |
|---|
| • Calories: 116 |
| • Protein: 0.8 grams |
| • Carbs: 6 grams |
| • Sugar: 0 grams |
| • Fiber: 1.6 grams |
| • Fat: 10.9 grams |
| ○ Saturated: 2.3 grams |
| ○ Monounsaturated: 7.7 grams |
| ○ Polyunsaturated: 0.6 grams |

Fat

Olives are composed of 11–15% fat, 74% of which is oleic acid, a form of monounsaturated fatty acid. It serves as the primary ingredient in olive oil.

Oleic acid is associated with various health advantages, such as reduced inflammation and a lower risk of heart disease. It might even assist in cancer prevention.

Carbs and fiber

Carbohydrates account for 4–6% of olives, categorizing them as a low-carb fruit.

The majority of these carbohydrates are fiber. In fact, fiber constitutes 52–86% of the overall carbohydrate content.

Consequently, the net digestible carbohydrate content is quite minimal. Nevertheless, olives are still a relatively inadequate source of fiber, as 10 olives provide roughly 1. 5 grams.

**Medicinal Uses:**

The therapeutic applications of various parts of Olea europaea. Olive oil has been acknowledged as avitalelement of nutritious diet. Numerous epidemiological investigations have demonstrated that the occurrence of coronary heart disease and certain types of cancer is minimal in the Mediterranean region, where the diet is abundant in olive products. Traditionally, olive leaves have been utilized as a traditional remedy for treating fevers and other ailments like malaria. Earlier research indicated that certain extracts of this product lowered blood pressure in animals and enhanced blood circulation in coronary arteries, alleviated arrhythmia, and hindered intestinal muscle contractions. A phytochemical analysis revealed that oleuropein was extracted from the leaves of Olea europaea. This compound is recognized for having a diverse array of pharmacological and health-enhancing effects, including anti-arrhythmic, spasmolytic, immune-boosting, cardioprotective, hypotensive, antihyperglycemic, antimicrobial, and anti-inflammatory properties [21].

**References from Quran and Hadith:**

Surah and Ayah in Quran: Surah 6. Al-An'am, Ayah 99; Surah 6. Al-An'am, Ayah 141; Surah16.

An-Nahl, Ayah 11; Surah 23. Al-Muminun, Ayah 19-20; Surah 24. An-Nur, Ayah 35; Surah 80. Abasa, Ayah 24-32 and Surah 95. At-Tin, Ayah 1-8.

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

He does not like those who commit excess. (Sura Al-An am (The Cattle), verse 141)

He causes to grow for you thereby the crops, olives, palm trees, grapevines, and from all the fruits. Indeed in that is a sign for a people who give thought. (Sura An-Nahl (The Bee), verse 11) And [We brought forth] a tree issuing from Mount Sinai which produces oil and food for those who eat. (Sura Al-Muminun (The Believers), verse 20)

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

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

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

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

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

Hazrat Aqba Bin Amir (R.A) narrates that the Prophet (SallallahoAlayhiWasallam) stated, “You have the olive oil from this Holy (Mubarak) tree, treat yourself with this, since it cures the Anal fissure (Basoor)” [22].

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

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

Hazrat Zaid Bin Arqam (R.A ) narrates, “ We have been directed by the Prophet

(SallallahoAlayhiWasallam) that we should treat the Pleurisy with Qust-e-Behri (Qust Sheerin) and olive oil” [23].

**1.7 *Phoenix Dactylifera:***



**English Name:** Date or Date palm

**Arabic Name:** Nahal, Balah, Tammar, Rutab

**Urdu Name**: Kharjur

**Kashmiri Name**: Khazer

**Botanical Name**: ***Phoenix Dactylifera***

**Family:** *Arecaceae*

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

**Parts used:** Leaves, flowers, fruits, seeds.

**Date Palm Nutrition:[36]**

One date (8g) contains 23 calories, 0. 2g of protein, 6g of carbohydrates, and 0g of fat. Dates are an excellent source of potassium, magnesium, and iron. The USDA offers the following nutritional information.

| |
|---|
| • Calories: 23 |
| • Fat: 0g |
| • Sodium: 0.2mg |
| • Carbohydrates: 6g |
| • Fiber: 0.6g |
| • Sugars: 5g |
| • Protein: 0.2g |
| • Potassium: 53mg |
| • Magnesium: 3.4mg |
| • Iron: 0.1mg |
| • Folate: 1.52mcg |

Carbohydrates

A single date contains 6 grams of carbohydrates, primarily derived from sugar. Additionally, the sweet flavor of dates is due to their high fructose content, which is twice as sweet as glucose. An average date holds just over half a gram of fiber. As the fruit ripens, the sugar level rises while fiber content decreases.

The glycemic index for dates may vary from 43 to 55 based on the type and ripeness. Surprisingly, despite their sweetness, dates are considered a low glycemic food.

Fat

Dates do not provide a notable amount of fat.

Protein

Dates offer a minimal quantity of protein. Incorporate other sources of protein, such as lean meats, fish, nuts, seeds, and legumes, to fulfill your daily needs.

Vitamins and Minerals

Dates are a rich source of potassium, magnesium, and iron. Moreover, dates provide six vital B vitamins, including folate and pantothenic acid. They also contain a high level of polyphenols, a category of antioxidants that guard against cellular damage, and beneficial phytoestrogens.

Calories

One date (8g) delivers around 23 calories, most of which is from carbohydrates. Larger Medjool dates (24g) yield 66. 5 calories.

**Medicinal Uses:**

Date palm (Phoenix dactylifera L. ) is among the first tree crops to be cultivated. These fruits are known for their pleasant taste, aroma, and chewy texture, as well as their applications in enhancing the flavor of foods, drinks, and medicines. Minerals are essential for the activation of enzymes, the expression of genes, the formation of bones, the composition of hemoglobin, and the metabolism of amino acids, lipids, and carbohydrates. Minerals also play a vital role in the proper functioning of cells. Specific inorganic mineral elements (K, Zn, Ca, and trace amounts of Cr, etc. ) are significant in maintaining normal glucose tolerance and facilitating the release of insulin from the beta cells of the islets of Langerhans [24]. They possess properties such as aphrodisiac, expectorant, febrifuge, purgative, cooling, diuretic, stimulating appetite, aiding digestion, and providing intoxicating effects.

**References from Quran and Hadith:**

Surah and Ayah in Quran: Surah 6. Al-An'am, Ayah 99; Surah 6.Al-An'am, Ayah 141; Surah 2. Al-Baqara, Ayah 266; Surah 4. An-Nisaa, Ayah 49; Surah 4. An-Nisaa, Ayah 53; Surah 4. An-Nisaa, Ayah 77; Surah 4. An-Nisaa, Ayah 124; Surah 13. Ar-Ra'd, Ayah 4; Surah 16. An-Nahl, Ayah 11; Surah 16. An-Nahl, Ayah 67; Surah 17. Al-Israa, Ayah 71; Surah 17. Al-Israa, Ayah 90-91; Surah 18.

Al-Kahf, Ayah 32-33; Surah 19. Maryam, Ayah 21-23; Surah 19. Maryam, Ayah 24-25; Surah 20. Ta-ha, Ayah 71; Surah 23. Al-Muminun, Ayah 19-20; Surah 26. Ash-Shu'araa, Ayah 146-152; Surah 36. Ya-Sin, Ayah 34- 35; Surah 36. Ya-Sin, Ayah 37-40; Surah 35. Fatir, Ayah 13; Surah 50. Qaf, Ayah 9-11; Surah 54. Al-Qamar, Ayah 18-22; Surah 55. Ar-Rahman, Ayah 10-13; Surah 55. Ar-Rahman, Ayah 68-78; Surah 59. Al-Hashr, Ayah 5; Surah 69. Al-Haqqa, Ayah 6-8; Surah 80. Abasa, Ayah 24-32 and Surah 111. Al-Lahab, Ayah 1-5.

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

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

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

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

He causes to grow for you thereby the crops, olives, palm trees, grapevines, and from all the fruits. Indeed in that is a sign for a people who give thought. (Sura An-Nahl (The Bee), verse 11) And from the fruits of the palm trees and grapevines you take intoxicant and good provision. Indeed in that is a sign for a people who reason. (Sura An-Nahl (The Bee), verse 67)

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

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

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

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

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

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

And fields of crops and palm trees with softened fruit? (Sura Ash-shuara (The Poets), verse 148) And We placed therein gardens of palm trees and grapevines and caused to burst forth some springs.

(Sura Yasin, verse 34)

And lofty palm trees having fruit arranged in layers. (Sura Qaf (The Letter "Qaf), verse 10) Extracting the people as if they were trunks of palm trees uprooted. (Sura Al-Qamar (The Moon), verse 20)

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

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

He unleashed it upon them for seven nights and eight days, violently. You could see the Which Allah imposed upon them for seven nights and eight days in succession, so you would see the people therein fallen as if they were hollow trunks of palm trees. (Sura Al-Haqqah (The Reality), verse 7) And olive and palm trees. (Sura Abasa ( He Frowned), verse 29)

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

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

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

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

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

**1.8 *Punica granatum:***



**English Name:** Pomegranate

**Arabic Name:** ar-rumman

**Urdu Name**: Anar

**Kashmiri Name**: Daan

**Botanical Name**: ***Punica granatum***

**Family:** *Punicaceae*

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

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

**Pomegranate Nutrition:[37]**

A single pomegranate (282g) contains 234 calories, 4.7g of protein, 52.7g of carbohydrates, and 3.3g of fat. The seeds, known as arils, are an excellent source of fiber and are high in potassium, phosphorus, magnesium, and calcium. This nutritional information for a pomegranate, measuring 4 inches in diameter, is sourced from the USDA

| |
|---|
| • Calories: 234 |
| • Fat: 3.3g |
| • Sodium: 8.4mg |
| • Carbohydrates: 29g |
| • Fiber: 11.3g |
| • Sugars: 38.6g |
| • Protein: 4.7g |
| • Potassium: 666mg |
| • Magnesium: 33.8mg |
| • Iron: 0.8mg |
| • Vitamin C: 28.8mg |
| • Folate: 107.2mcg |
| • Vitamin K: 46.2mcg |

Carbohydrates

The calories present in pomegranates primarily originate from carbohydrates, with this fruit containing two forms: sugar and fiber. A medium-sized pomegranate generally offers 21 grams of sugar and 6 grams of fiber, accounting for 21% of the daily recommended intake.

As anticipated, the carbohydrate, sugar, and calorie levels differ for pomegranate juice. According to USDA figures, one cup (8 oz) of pure pomegranate juice contains 134 calories, 33 grams of carbohydrates, 31 grams of sugar, and no fiber. Additionally, a pomegranate juice cocktail, which mixes pomegranate juice with other fruit juices and added sugars, usually has higher calorie, carb, and sugar content compared to plain pomegranate juice.

That being said, it's important to recognize the glycemic load (GL) of fresh pomegranate, which stands at 18, especially for those managing their blood sugar levels. The GL provides an estimated glycemic index (GI) that factors in the serving size of a particular food or drink. Many find it useful to consider the GL alongside the GI. The GI alone is a numerical indicator that reveals how rapidly blood sugar levels will rise after consuming specific foods without accounting for the serving size. Foods with lower GI numbers are generally better for individuals with diabetes or others monitoring their sugar intake. With this understanding, you can make more informed dietary choices that could enhance your health.

17 High-Fiber Fruits and Their Healthful Benefits

Fats

Pomegranates also contain a minimal amount of fat. A medium-sized fruit has less than 1 gram each of saturated fat, polyunsaturated fat, and monounsaturated fat. Therefore, the fat content in pomegranates will not significantly affect your diet unless you eat a large quantity of this fruit.

Protein

Pomegranates also include a small amount of protein. A typical-sized fruit delivers about 3 grams of protein, while a larger pomegranate may provide nearly 5 grams. Conversely, pomegranate juice is very low in protein, offering just 0.4 grams per cup.

Vitamins and Minerals

A whole, fresh pomegranate is packed with essential nutrients and minerals including vitamins C and K. A medium-sized fruit contains 16 mg of vitamin C, which equates to approximately 18% of the daily recommended value for both men and women based on a 2,000-calorie diet. Vitamin C is a crucial nutrient that supports the immune system, assists in tissue repair, and aids in blood vessel formation.

Furthermore, an average medium-sized pomegranate has 28% of the recommended daily intake of vitamin K for women and 21% for men. Vitamin K is a vital addition to your daily diet as this fat-soluble vitamin plays a role in blood clotting processes within the body.

Several other important nutrients, such as folate, copper, thiamin, vitamin B6, and potassium, can be found in pomegranates. Consequently, consuming this fruit can help individuals fulfill their daily nutritional needs for a balanced diet, also referred to as the recommended daily allowance (RDA). Eating a medium-sized pomegranate provides 15% of the RDA for folate, 27% for copper, 9% for thiamin, 9% for vitamin B6, and 10% of the recommended intake for potassium (which does not have a designated RDA).

According to the USDA, drinking pomegranate juice still allows you to benefit from vitamin K, folate, and some copper, but it offers almost no vitamin C. However, new products are regularly developed that may contain vitamin C, so it's wise to check food labels before purchasing any form of pomegranate juice.

Pomegranate Calories

A single pomegranate (weighing 282g) contains 234 calories, with 81% derived from carbohydrates, 12% from fat, and 8% from protein.

**Medicinal Uses:**

Punica granatum has a long history of medicinal use. Numerous studies have demonstrated that the roots possess effective anthelmintic properties. It has been shown to exhibit anti-microbial effects against Salmonella typhi and Vibrio cholera, the parasite Giardia, as well as amoeba and certain viruses. Specifically, the peel extract of Punica granatum has been extensively researched for its antioxidant activity, cytotoxic activity, hypoglycemic activity, hepatoprotective activity, and anti-inflammatory activity[25].

Punica granatum is utilized as an anti-parasitic agent, a blood tonic, and to treat aphtae, diarrhea, and ulcers. In the Unani system, which is practiced in the Middle East and India, the same review indicates that pomegranate has also been labeled a remedy for diabetes. A recent review highlighted the chemical constituents of various parts of P. granatum along with their potential for preventing and treating inflammation and cancer. The authors note that henols (flavonoids and tannins), some of which are unique, can be found in the pericarp, leaf, and flower. Complex polysaccharides have also been identified and characterized in the peels [26].

**References from Quran and Hadith:** Surah and Ayah in Quran: Surah 6. Al-An'am, Ayah 99; Surah 6. Al-An'am, Ayah 141 and Surah55. Ar-Rahman, Ayah 68.

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

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

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

Hazrat Ali bin Abi Talib (RadiyallahuAnhu) narrated that the Prophet (SallallahuAlayhiWassallam) said, "Pomegranate and its rind strengthen digestion (stomach)" [23].

**1.9 *Alhagi Maurorum:***

**English Name:** Camel Thorn

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

**Urdu Name**: Janasa

**Kashmiri Name**: Jwasa

**Botanical Name**: ***Alhagi Maurorum***

**Family:** *Leguminosae*

**Distribution:** All over the World

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

**Camel Thorn Nutrition: [39]**

| **Main analysis** | **Unit** | **Avg** | **SD** | **Min** | **Max** | **Nb** |
|---|---|---|---|---|---|---|
| Crude protein | % DM | 8.5 | 2.3 | 5.9 | 10.4 | 3 |
| Crude fibre | % DM | 31.8 | | | | 1 |
| NDF | % DM | 49.7 | | 49.5 | 49.9 | 2 |
| ADF | % DM | 35.5 | | 35.5 | 35.6 | 2 |
| Lignin | % DM | 5.9 | | | | 1 |
| Ether extract | % DM | 1.0 | | | | 1 |
| Ash | % DM | 6.0 | | 4.7 | 7.3 | 2 |
| Starch (polarimetry) | % DM | 2.9 | | | | 1 |
| Gross energy | MJ/kg DM | 18.2 | | | | |

**Medicinal Uses:**

Alhagi maurorum, a member of the Leguminosae family. It is utilized in traditional medicine as a treatment for rheumatic pain, bilharzia, liver and urinary tract inflammation, and various gastrointestinal discomforts. Recently, these plants have been demonstrated to possess antidiarrheal properties, induce smooth muscle relaxation, and exhibit anti-nociceptive effects [27]. Its flowers are employed to address piles, migraines, and warts. Oil extracted from the leaves is applied in the management of rheumatism. Locally, water extracts from the roots are utilized to increase ureter size and eliminate kidney stones [28]. The entire plant is diaphoretic, diuretic, expectorant, and laxative. An oil derived from the leaves is used in the management of rheumatism. The flowers are utilized in the treatment of piles.

**References from Quran:**

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

O Children of Israel, We delivered you from your enemy, and We made an appointment with you at the right side of the mount, and We sent down to you manna and quails. (Sura Taha , verse 80) And We divided them into twelve descendant tribes [as distinct] nations. And We inspired to Moses when his people implored him for water, "Strike with your staff the stone," and there gushed forth from it twelve springs. Every people knew its watering place. And We shaded them with clouds and sent down upon them manna and quails, [saying], "Eat from the good things with which We have provided you." And they wronged Us not, but they were [only] wronging themselves. (Sura Al-Araf (The Heights), verse 160)

“height Bani-Israel, we rescue you from enemies and put your resort in Toor Mountain, and send for you, Alhagi and quail as gifts”. (Sura Taha (verses. 80–81):

**1.10 *Zingiber Officinale:***



**English Name:** Ginger

**Arabic Name:** Zanjabil

**Urdu Name**: Adrak

**Kashmiri Name**: Shaunth / Adrak

**Botanical Name**: ***Zingiber Officinale***

**Family:** *Zingiberaceae*

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

**Parts used:** Fruit

**Ginger Nutrition:**

The USDA provides nutrition details for five slices (11 grams) of ginger.

| |
|---|
| • Calories: 9 |
| • Fat: 0g |
| • Sodium: 1.4mg |
| • Carbohydrates: 2g |
| • Fiber: 0.2g |
| • Sugar: 0.2g |
| • Protein: 0.2g |
| • Magnesium: 4.7mg |
| • Potassium: 45.6mg |

Carbohydrates

Five slices of ginger provide 2 grams of carbohydrates. Additionally, ginger has a minimal amount of fiber and sugar. Ginger is classified as a low-glycemic food, making it safe for those with diabetes or anyone who needs to monitor their blood sugar levels to consume without worrying about carbohydrate content.

Fats

Ginger has no fat content.

Protein

There isn't a notable quantity of protein in ginger, so it's important to incorporate other protein-rich foods into your meals.

Vitamins and Minerals

Although ginger does not serve as a significant source of various micronutrients, it does provide some magnesium and potassium.

Calories

With only 9 calories in five slices, ginger does not contribute significantly to overall calorie intake. Most of ginger's calories come from carbohydrates.

**Medicinal Uses:**

Zingiber Officinale (Roscoe), often referred to as ginger, is part of the Zingiberaceae family and is a well-known culinary spice recognized for its numerous medicinal attributes. Z. officinale has been utilized for a considerable time in treating conditions like nausea, lung issues, heart health, andrheumatic ailments. Additionally, Z. officinale demonstrates immunomodulatory capabilities a nd is noted for its ability to block various inflammatory mediators including prostaglandinsandpro-inflammatorycytokines[29].

Ginger is recognized as an anti-inflammatory agent, while its properties related to cancer prevention of the raw substance have been addressed. The effects of ginger as a post-surgery anti-nausea agent were explored [30].

**References from Quran:**

Surah and Ayah in Quran: Surah 76. Ad-Dahr, Ayah 11-18.

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

Man), verse 17)

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

**1.11 *Musa Paradisiaca:***

**English Name:** Banana

**Arabic Name:** Mawz

**Urdu Name**: kaylaa

**Kashmiri Name**: Khiel

**Botanical Name**: ***Musa Paradisiaca***

**Family:** *Musaceae*

**Distribution:** India, Pakistan, Philippines, China, Egypt, Thailand, African region **Parts used:** Fruit, Flowers, Stem, Root and leaves**.**

**Banana Nutrition:[34]**

The nutritional information for a medium banana (100 grams) is as follows:

| |
|---|
| • Calories: 89 |
| • Water: 75% |
| • Protein: 1.1 grams |
| • Carbs: 22.8 grams |
| • Sugar: 12.2 grams |
| • Fiber: 2.6 grams |
| • Fat: 0.3 grams |

Carbohydrates

Bananas are a significant source of carbohydrates, primarily present as starch in unripe bananas and sugars in ripe ones. The carbohydrate profile of bananas significantly alters as they ripen.

Unripe bananas are predominantly composed of starch, with green bananas containing as much as 80% starch based on dry weight.

As bananas ripen, the starch is converted into sugars, resulting in a less than 1% starch content when the banana reaches full ripeness.

The most prevalent sugar types found in ripe bananas include sucrose, fructose, and glucose.

In fully ripe bananas, the total sugar content can exceed 16% of their fresh weight.

Bananas have a relatively low glycemic index (GI) ranging from 42 to 58, depending on how ripe they are.

The glycemic index indicates how rapidly the carbohydrates in foods raise blood sugar levels after consumption.

The high levels of resistant starch and fiber in bananas contribute to their low glycemic index.

Fiber

A significant part of the starch found in unripe bananas is resistant starch, which travels through the digestive system without being broken down.

In the large intestine, bacteria ferment this starch, producing butyrate, a short-chain fatty acid that seems to positively impact gut health.
Bananas also provide a good amount of various fibers, including pectin.
As bananas ripen, the amount of water-soluble pectin increases, which is a key factor in why bananas become soft with age.
Both pectin and resistant starch help to control the increase in blood sugar following a meal.

**Medicinal Uses:**
The banana plant (Musa paradisiaca) has been noted to exhibit certain coccidiostatic characteristics.
The family Musaceae is widely utilized as a food source.
Bananas provide a substantial amount of vitamins A, B, and C, and they also possess a significant level of carbohydrates and potassium [31].
**References from Quran:**
And [banana] trees layered [with fruit]. (Sura Al-Waqiah (The Inevitable), verse 29)
**1.12 *Vitis vinifera:***

**English name:** Grape

**Arabic name:** Inab

**Urdu name:** Angoor

**Kashmiri Name**: Dach

**Botanical Name**: ***Vitis vinifera***

**Family:** *Vitaceae*

**Distribution:** Asia, North America and Europe under subtropical, Mediterranean **Part used:** Fruits, leaves.
**Grape Nutrition:[36]**
A cup of grapes (92g) contains 62 calories, 0.6g of protein, 16g of carbohydrates, and 0.3g of fat. Grapes are a great source of vitamins C and K. The USDA supplies the nutrition information listed as.

| |
|---|
| • Calories: 62 |
| • Fat: 0.3g |
| • Sodium: 2mg |
| • Carbohydrates: 16g |
| • Fiber: 1g |
| • Sugars: 15g |
| • Protein: 0.6g |

| |
|---|
| • Vitamin C: 3.68mg |
| • Vitamin K: 13.4mcg |
| • Vitamin A: 4.6mcg |

Carbohydrates

The majority of the calories in grapes come from carbohydrates, primarily sugars. Each grape contains roughly one gram of carbohydrates. The glycemic index of grapes is thought to be around 59, while a one-cup serving has a glycemic load of 11.

Fats

Grapes are almost entirely free of fat, providing significantly less than 1 gram per serving.

Protein

Each serving of grapes contains only 1 gram of protein. They complement cheese and nuts well, which are excellent protein sources and can contribute to a balanced and satisfying snack.

Vitamins and Minerals

Grapes are a great source of vitamin K and manganese. Additionally, they provide a healthy amount of vitamin C, which supports a strong immune system and assists in tissue repair, such as in healing wounds.

Calories

On average, grapes contain about 62 calories per cup. Seedless red grapes have roughly 86 calories per 100g, which is slightly more than a cup. In contrast, seedless green grapes have about 80 calories per 100g.

**Medicinal Uses:**

The common grape V. vinifera is a plant that has historical significance. Resveratrol, a biomolecule that is not a flavonoid, is present in substantial amounts in red wine and has been noted for having antioxidant, anti-inflammatory, and anticancer effects. Furthermore, applying a high concentration of resveratrol from grape seed extract topically has been observed to promote wound healing in mice, which was linked to the modulation of redox-sensitive mechanisms involved in dermal tissue repair. It has been suggested that alkaloids and terpenoids might offer astringent, antifungal, or antimicrobial benefits that could aid in the development of the wound healing cascade. Anthocyanins, leucoanthocyanins, and various polyphenols have shown to possess significant antioxidant properties that can also support the progress of wound healing [32].

**References from Quran:**

Surah and Ayah in Quran: Surah 2. Al-Baqara, Ayah 266; Surah 6. Al-An'am, Ayah 99; Surah

12. Yusuf, Ayah 36; Surah 13. Ar-Ra'd, Ayah 4; Surah 16. An-Nahl, Ayah 11; Surah 16. An-Nahl, Ayah 67; Surah 17. Al-Israa, Ayah 90-91; Surah 18. Al-Kahf, Ayah 32; Surah 23. Al-Muminun, Ayah 19-20; Surah 36. Ya-Sin, Ayah 34-35; Surah 80. Abasa, Ayah 24-32 and Surah 78. An-Nabaa, Ayah 31-36. And grapes and herbage. (Sura Abasa (He Frowned), verse 28)

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

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

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

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

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

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

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

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

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

**1.13 *Zizyphus mauritiana:***



**English Name:** Indian jujube

**Arabic Name:** Nabaq, Sidar

**Urdu Name**: Ber, Beri

**Kashmiri Name**: Beri

**Botanical Name**: ***Zizyphus mauritiana***

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

**Family:** *Rhamnaceae*

**Parts used:** Fruit, leaves, wood.

**Jujube Nutrition:[34]**

Jujube fruit is low in calories yet abundant in fiber, vitamins, and minerals. A 100-gram serving of raw jujube, which is roughly equivalent to 3 fruits, contains 79 calories.

| |
|---|
| • Protein: 1 gram |
| • Fat: 0 grams |
| • Carbs: 20 grams |
| • Fiber: 10 grams |
| • Vitamin C: 77% of the Daily Value (DV) |
| • Potassium: 5% of the DV |

Because of their high fiber and low calorie levels, jujubes serve as a great, healthy snack option. They provide trace amounts of various vitamins and minerals but are particularly abundant in vitamin C, which has antioxidant properties and boosts the immune system.

Additionally, they offer a significant amount of potassium, essential for muscle control and maintaining electrolyte balance. Moreover, jujube fruits contain carbohydrates in the form of natural sugars that supply energy to the body.

Nonetheless, dried jujubes, which are more frequently consumed and used in recipes in many regions, have a considerably higher sugar and calorie content compared to the same weight of the fresh fruit. During the drying process, the fruit's sugars become more concentrated, and extra sugar may also be added in processing.

**Medicinal Uses:**

Jujube is a pleasant fruit as well as a potent herbal remedy. It supports weight gain, enhances muscle strength, and boosts stamina. In traditional Chinese medicine, it is recommended as a tonic to fortify liver function. It acts as an antidote, diuretic, emollient, and expectorant. The leaves possess astringent and febrifuge properties. Furthermore, it is claimed to stimulate hair growth. The dried fruits are analgesic, anticancer, pectoral, cooling, calming, helpful for stomachache, styptic, and tonic. They are believed to detoxify the blood and assist with digestion. They are utilized internally to address chronic fatigue, appetite loss, diarrhea, anemia, irritability, and hysteria. The seed is hypnotic, narcotic, calming, helpful for stomachache, and tonic. It is employed internally for treating palpitations, insomnia, nervous exhaustion, night sweats, and excessive sweating. The root is used for tackling dyspepsia. A decoction made from the root has been utilized for managing fevers. The root is ground into a powder and applied to old wounds and ulcers. The plant serves as a traditional remedy for anemia, hypertonia, nephritis, and nervous disorders. The fruits are applied to cuts and ulcers and are also used in the treatment of pulmonary issues and fevers. The leaves are used as poultices and are beneficial for liver problems, asthma, and fever [33-35].

**References from Quran:**

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

**1.14 *Lagenaria Siceraria:***

**English Name:** Bottle Gourd

**Arabic Name:** Garra

**Urdu Name**: Looki

**Kashmiri Name**: Al

**Botanical Name**: ***Lagenaria Siceraria***

**Distribution: Africa, Asia, Europe, America**

**Family:** *Cucurbitaceae*

**Parts used:** Fruit, Seed

**Bottle Gourd Nutrition:[34]**

Gourd is made up of 96% water and contains very few calories, fats, proteins, and carbohydrates. However, it still boasts a high fiber content and supplies small quantities of different nutrients.

A 100-gram (3.5-ounce) serving of raw ash gourd provides.

| |
|---|
| • Calories: 13 |
| • Protein: less than 1 gram |
| • Carbs: 3 grams |
| • Fiber: 3 grams |
| • Fat: less than 1 gram |
| • Vitamin C: 14% of the Daily Value (DV) |
| • Riboflavin: 8% DV |
| • Zinc: 6% DV |

Gourd also has small amounts of iron, magnesium, phosphorus, copper, and manganese, along with various B vitamins, although these quantities usually do not exceed 3% of the daily values for these nutrients.

Besides vitamin C, Gourd serves as a good source of flavonoids and carotenes, two types of antioxidants that are believed to help defend your body against cellular damage and certain conditions such as type 2 diabetes and heart diseases. Presently, the antioxidant properties of ash gourd are considered the primary reason for many of its claimed health benefits.

**Medicinal Uses:**

Lagenaria siceraria (Molina) Standley (family cucurbitaceae), commonly referred to as lauki (Hindi) and bottle gourd (English), is a medicinal plant and useful species. The fruit of Lagenaria siceraria is traditionally utilized for its cardio protective, cardiotonic, general tonic, and aphrodisiac characteristics. It is also employed in the treatment of various allergic and inflammatory conditions such as bronchial asthma, rhinitis, bronchitis, and rheumatism. Various extracts derived from the fruits of Lagenaria siceraria have been shown to exhibit anti-inflammatory, analgesic, hepatoprotective, antihyperlipidemic, diuretic, and antibacterial properties. The methanol extract of the fruits was determined to contain flavonoids, saponins, tannins, carbohydrates, and terpenoids. A novel ribosome-inactivating protein, named lagenin, has been extracted from the seeds of Lagenaria siceraria. The fruits are noted to have a higher content of soluble dietary fibers compared to insoluble cellulose fibers. The fruits are recognized as a significant source of vitamin C, β-carotene, vitamin B-complex, pectin, and also possess the highest choline level— a lipotropic factor. Several of these primary and secondary metabolites have been implicated in the documented uses of Lagenaria siceraria fruits. Previously, we reported on the immunomodulatory effects of the ethyl acetate and n-butanol soluble fractions of the successive methanol extract of Lagenaria siceraria fruits and the immunomodulatory activity of a purified mixture of saponins extracted from the fruit of Lagenaria siceraria.[36]

**References from Quran:**

Surah and Ayah in Quran: Surah 37. As-Saffat, Ayah 145-148.

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

**4. CONCLUSION**

Today, scientific medical research has shown that fruits (Banana, Fig, Olive, Date, Pomegranate, and Grape) are beneficial and essential for health. The Quran, the Holy Book of Muslims, has acknowledged this significant issue and has mentioned these fruits in various verses. Based on the studies reviewed, the Quran indicates that God has given particular attention to the healing and advantageous qualities of food items. The Holy Quran states: "He sends down water from the sky, and with it we bring forth the plant of everything. From these we bring forth green foliage and composite grain, palm trees laden with clusters of dates within reach, vineyards and olive groves and pomegranates alike and unlike. Behold their fruits when they bear fruit and ripen. Surely here are signs for a nation who believe. " According to the Holy Quran, believers are the most capable individuals to utilize divine blessings, such as pure foods. Centuries ago, the Quran referred to the beneficial aspects of various food items, and today scientists have discovered some of them through extensive studies, helping to appreciate the magnificence of God. In conclusion, a higher intake of these

fruits with health-promoting qualities is advised. It is concluded that herbal medicines are being widely embraced globally due to their better cultural acceptance and minimal harm, with little to no side effects.

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