

“ By The Fig And The Olives ”

”قسم بين تين اور زيتون كى“

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Abstract

The history of treatment of human diseases with plants traces to the history of mankind. At first drugs were used for treating illness from seeds ,barks ,fruits and other parts of plants which came into being after a huge period of struggle to cure diseases. Pharmacists adopted to the change and development in the use of medicinal plants along with its awareness. Here only two plants out of the several from the Holy Quran have been chosen for discussion. Medical therapeutic and professional value of only two plants have been considered.

Keywords: Quranic plants with local uses

Introduction

Human beings since creation have always carved for cure from illnesses via natural products especially plants. Animals have instincts to use plants when required and so does the humans started using the same behaviour by specializing in medicinal plants.¹ Medicinal plants' usage, application and preparation of drugs from the same traces back to Nagpur and their Sumerian clay slab which is almost 5000 years old. They made 12 recipes made from about 250 different plants like poppy, mandrake and henbane containing alkaloids.²

In the Hindu Holy book “Vedas” stated dealings with plants, which are plentiful in countryside. Several flavouring plants used still nowadays instigate from India: clove nutmeg, pepper etc.³

European physicians consulted the Arab contribution ie: “De RE Medica” by John Mesue, “Canon Medicinæ” written by Avicenna, “Liber Magnæ Collectionis Simplicium Alimentorum Et Medicamentorum” which is written by Ibne Baitar. 1000 Medicinal plants were described, through out in Middle Ages.⁴

The most ancient and earliest writer on plant drugs was Dioscorides, “the father of pharmacognosy, ”He belongs to armed forces, that’s why, where ever Nero’s Army travelled as a physician and pharmacognosist he studied medicinal plants. Circa contribution in 77 Ad was “De Materia Medica.” Many times translated the classical work of ancient history which recommend plenty of data on the medicinal plants constituting the basic materia medica till now the Renaissance and the late Middle Ages.⁵

The talent of curing, the skills of healing, farming of medicinal plants, and research of drugs moved to monasteries in Middle Ages. treatment was based on many therapeutic plants, which the physicians-monks usually grew within the monasteries as follows: Greek seeds, savory, anise, mint, tansy etc.

In all phase, every succeeding century from the progress of humanity and sophisticated civilizations, the curative properties of certain medicinal plants were recognized, renowned, and suggested to the successive generations. Since very early times the fig has been grown in warm temperate and subtropical regions. It is sometimes self-sown and naturalized, even as far north as the British Isles. Fig seeds have been identified among Roman remains in British . Figs are eaten fresh dried tinned or preserved.⁶ Figs were mentioned in so many times in Bible the Holy book of Christians as well as in the Quran. The Old testament of Bible mentioned :“most famously Eve sewed fig leaves together to cover her and Adam’s bodies after they ate the fruit of knowledge”⁷

Olives has been appreciated from the ancient time not only as a food but as the source an edible oil. The oil was also used in lamps and also prescribed for burning in lamps as well as for smearing, and for many other purposes including and cosmetics uses. The olives originated in the Mediterranean area, many references to it I Bible and in the classical writings and many countries in that region, particularly Spain , France and Italy are important producers. ⁸

The aim and objective of this research article is to understand the two plants mentioned in Holy Quran. It is not possible, being human, to find the exact detail structure and actions of the mentioned plants as created by the Creator. The selected plants are Teen (Fig) Zaitun(olive).The purpose is to find out the morphological, anatomical, medicinal and physiological aspects and complications present in these plants worked out by the modern sciences, and specially its local uses.

Findings were thoroughly arranged by botanical names followed by English , Arabic, vernicular names and medicinal and vernicular uses.

QURANIC VERSES:

SIGNS FOR BELIEVERS : In Quranic verse Allah says:

"وَهُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ فَأَخْرَجْنَا مِنْهُ خَضِرًا نُخْرَجُ مِنْهُ حَبًّا مَاتَرًا كَبَابًا وَمِنَ النَّخْلِ مِنْ طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَجَنَّاتٍ مِنْ أَعْنَابٍ وَالزَّيْتُونَ وَالرُّمَّانَ مُشْتَبِهًا وَغَيْرَ مُتَشَابِهٍ انظُرُوا إِلَى ثَمَرِهِ إِذَا أَثْمَرَ وَيَنْعِهِ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يُؤْمِنُونَ"⁹

“And He is the one who sent down water from the heavens, then, with it, We brought forth vegetation of all kinds. Then from it We brought grains set upon one another. And from the palm-trees, from their spathes, come forth the low-hanging bunches. And (We produce) vineyards, the olive, the pomegranate, 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”

Olives's Benefits : This is a tree from which nothing is wasted , as the wood is used for carpentry work , the fruits are eaten or used to produced olive oil, the leaves have power over medical value.

Quran says:

"وَشَجَرَةً تَخْرُجُ مِنْ طُورِ سَيْنَاءَ تَنْبُتُ بِالذَّهْنِ وَصَبْغٍ لِّلْكَالِينِ"¹⁰

“And a tree(olives) theat springs forth from Mount Sinai, that grows oil, and it is a relish for the eaters”.

Holy tree: The advantages of olives enlarge to its make use of as fuel for lantern. This glowing property of olive oil is effectively demonstrated in the following verse of noble Quran:

"اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ مِثْلُ نُورِهِ كَمِشْكَاةٍ فِيهَا مِصْبَاحٌ الْمِصْبَاحُ فِي زُجَاجَةٍ الزُّجَاجَةُ كَأَنَّهَا كَوْكَبٌ دُرِّيٌّ يُوقَدُ مِنْ شَجَرَةٍ مُّبَارَكَةٍ زَيْتُونَةٍ لَّا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ تَمْسَسْهُ نَارٌ نُورٌ عَلَى نُورٍ"¹¹

“Allah is the Light of the heavens and the earth. The parable of his Light is as a niche within it a lamp: The lamp is in a glass , and the glass as it were a brilliant star , Lit from a blessed tree, an olive , neither of the east nor of the west, but whose oil would almost glow forth, though no fire touched it. Light upon Light! . surah nur”

Signs for everyone: The blessing tree of plant kingdom, does not only have cometic, therapeutic, nutritional values . Allah says in Holy Quran :

"هُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً لَكُمْ مِنْهُ شَرَابٌ وَمِنْهُ شَجَرٌ فِيهِ تُسِيمُونَ * يُنبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنَ كُلِّ الثَّمَرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ"¹²

“He is Who sends down water from sky; from it you drink and from it (grow) the vegetation on which you send your cattle to pasture. With it He causes to grow for you the crops, thr olives, the date-palms, the grapes, and every kind of fruits. Verily! Indeed In this is an evident proof and a manifest sign for people who give thought”

"وَالَّتَيْنِ وَالزَّيْتُونَ * وَطُورِ سَيْنَاءَ * وَهَذَا الْبَلَدِ الْأَمِينِ * لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ"¹³

“I swear by the Fig and the Olives. and by Tur, the mount of Sinai, and by this peaceful city, We have created man in the best composition.”

Hadith literature gives us relevant informations about Figs : Abu Darda said that some one offered Figs to the Prophet Muhammad (s.a.w) and he start share out it among his follower. He said: “Eat it as it cures various diseases.....”

Ibne Seereen a scholar in Science of dreams : “ If someone seen Figs in dream, it stand for riches and prosperity”.

Once Prophet Muhammd said that "Allah did not create a disease for which He did not also create a cure." ¹⁴

Muslims are therefore confident to discover and use customary and modern forms of medicine, with belief that any cure is from Allah.

DISCUSSION AND RESULTS:

The following is the detail discussion about selected plants of the Holy book one by one.

Quranic Name : Zaitun¹⁵

Botanical Name: Olea-europea and Oleaferrugenea (Oleaceae)

English Name: Olive

Vernicular Name : Khoona

Muhammad said to Believers: "Eat the olive and anoint (yourselves) with it, for indeed it is from a blessed tree." ¹⁶

DESCRIPTION :

“An evergreen tree , up to 8 meters long tall or more , with thorn less, nearly terete branches; leaves elliptic , oblong or lanceolet, 2.5-7.5cm long , dark green above , densely, silvery-whitish beneath ; panicles shorter than leaves; flowers fragrant; drupe subglobose or oblong , black and shining when ripe, from 1.5 -.5cm long”. ¹⁷

FUNCTION AND PROPERTIES:

“Zaitun is hot and wet in first degree . In addition , the quality of oil depends on the tree that produce it . For instance , the best type of oil is that squeezed from ripe olives, while oil from unripe olives is cold and dry . Red olives produce oil that is between these while black olives produce hot and wet oil. Olive oil helps against poisons, works as a laxative and rids the body of worms. Old olive oil leans more towards being hot and decomposing. When the oil is blended with water , it becomes less hot , milder , and thus more beneficial . All kinds of olive oil soften the skin and slow the aging process . The salty water blended with oil helps burned skin against blistering .It in addition strengthens the gingival” ¹⁸

“The bark is bitter and astringent and has great reputation as a substitute for Cinchona. The oil from pericarp is demulcent, emollient and laxative. It enters extensively into the preparation of plasters, liniments, ointments and enemas. The tree also yields a gum- like substance which is

considered vulnerary. Decoction of olive wood used as remedy for mouth ailments such as aphthae and stomatitis. The same decoction if applied on the abdomen has the curious effect of stopping diarrhea. Decoction of leaves is useful for cough. Leaves are astringent, hypotensive, antidiabetic, cholagogue ; extract of leaves hypoglycemic, diuretic and antibacterial. Olive oil acts as cholagogue for hepatic ailments, chronic constipation , asthenia , bad appetite. Oil from wild fruits used as antidote against all poisons, and as hair tonic. Olive oil is an excellent purgative with no side effects; mixed with flour it is used as a plaster for boils and abscesses”¹⁹

“Internal administration is effective as antidote against toxicity produced by arsenic or like poisons and allays the irritated conditions produced in digestive organs due to such poison . Being nervine stimulant and sedative acts usefully against rheumatic pains , paralysis and sciatica to resolve the malhumors deposit to cause pain”²⁰

“The oil is demulcent, emollient and laxative”.²¹ “Allays the irritation of digestive organs and alimentary canal. Resolves the obstructions and fatty deposition or stones in liver , gall bladder kidneys and urinary Bladder. Externally it has moist , emollient , resolvent and sedative actions and its message imparts strength to whole body”²²

Occurrence:

“Western Asia’s Native cultivated in Spain, Africa, and Pakistan. The age of the trees in some parts of the Arab countries extends up to three thousands years”²³

Quranic Name :Teen

Botanical Name: ficuscarica (moraceae)

English Name: Fig²⁴

Vernicular Name : Injeer and Inzar

DESCRIPTION:

“Ashrub or small deciduous tree, branchlets and underside of leaves pubescent or tomentose .Leaves cordate , more or less deeply lobes obtuse, blade10-20; petiole 5-7.5 cm long; upper side rough. The inflorescence is hypanthodium, a hollow structure with numerous male, female and gall flowers lining the inner surface”²⁵

FUNCTIONS AND PROPERTIES:

“Anthelmintic , refrigerant, tonic , antipyretic, purgative, alexiteric , aphrodisiac, lithontriptic, anti-inflammatory , nerve stimulant , antidysenteric, antidiabeti Latex is prescribed for the intestinal worms, treatment; prescribed for the removal of calculi of the kidney or bladder and also useful for the obstructions of the liver and spleen in sub –acute cases. Milky juice (latex) is applied to cure ulcers in the mouth”.²⁶

“Fruit is prescribed for the treatment of leprosy, nose bleeding and blood ailments. The root is prescribed for the treatment of general weakness ; useful in leucoderma and ringworm. The Fruit is prescribed for the treatment of fever , as tonic, as purgative alexiteric and aphrodisiac; useful for inflammations , weakness, paralysis , to quench thirst ; prescribed for the diseases of liver and spleen; pain in the chest and stimulate the growth of hair”.²⁷

“Teen is hot and either dry or wet. The best type of figs are the white kind when they are ripe , as they cleanse the sand and accumulates in the liver and prostate and serve as a preventive substance against poisons. Figs are more nutritious than all other type of fruit, and help relieve the roughness in chest, throat and trace a. It in addition cleanses the liver and the spleen, purifies the phlegm that accumulates in the stomach amd provides good nourishment for the body, yet it makes one more susceptible to lice if eaten excessively”.²⁸

OCCURRENCE:

“Its growing wild and cultivated through out the world”.²⁹

The above properties related to the trees of Teen and Zaitun may justify the Quranic statement, keeping in view the human knowledge.

CONCLUSION:

The history of treatment of human diseases with plants traces to the history of mankind. At first drugs were used for treating illness from seeds ,barks ,fruits and other parts of plants which came into being after a huge period of struggle to cure diseases. Pharmacists adopted to the change and development in the use of medicinal plants along with its awareness.

Infect the Holy Quran is the book of awareness and prosperity for all beings (that is) jinoin and others. It is miracle that since the revelation of the Holy Quran at least fifteen hundred years ago, is still properly applicable to all activities of human begins and also to the findings of today’s modern sciences.

The Holy Quran invites those having understanding , with power of thinking’s and thoughts , capable of observation and with all kinds of knowledge related to the entire universe .

This article include only two plants mentioned in the Holy Quran, out of several other and is extremely tiny fragment of the humanly possible approach .

In future everybody shall have the responsibility to find out a possible scientific approach related to plants, animals, human and the rest of the universe mentioned in the Holy Quran and Hadith. For the well beings dwellers of the world .

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