

Quran Medicine: Studying from Modern Science Perspective

Kourosh Saki¹, Behzad Kazemi-Ghoshchi², Jafar Asadzadeh², Aghakhan Kheiri², Ghader Hajigholizadeh², Abdosalam Sotoudeh², Mahmoud Rafieian-Kopaei³, Fariba Bahmani⁴, Vahid Bahmani⁵ and Mahmoud Bahmani^{2,6*}

1- Shahid Beheshti University of Medical Sciences, Tehran, Iran

2- Deputy for Food and Drug, Urmia University of Medical sciences, Urmia, Iran.

3- Medical Plants Research Center, Shahrekord University of Medical sciences, Shahrekord, Iran.

4- Shohada Hospital of Dehloran City, Ilam University of Medical Sciences, Ilam, Iran

5- Arak Branch, Islamic Azad University, Arak, Iran.

6- Food and Beverages Safety Research Center, Urmia University of Medical sciences, Urmia, Iran.

Corresponding author: Mahmoud Bahmani

ABSTRACT: God states in the Ayah 11 of Surah Nahl: "We made subject unto you olive, date, grape and many fruits and every kind of fruit subject unto you and in this, behold, there is a message indeed for people who think". This study surveyed nutritional and remedial effects of these fruits and compounds using scientific approach and recommended to use them in meals of Hajjis. Resource of research was merciful Quran book translated by Ayatollah Makarem Shirazi and its method is content analysis and its studying is reputable with scientific sources. Science references show that ginger, date, olive and grape plants that have been named in holly Quran have effective and remedial effects in the treatment of metabolic diseases and also some side effects of the modern medicines or the ones still unable to treat them. Therefore these materials are recommended as nutritionally beneficial materials in diet of Hajjis.

Keywords: Quran, Quranic medicine, Medical science, Aesthetics.

INTRODUCTION

Quran aesthetics is identifying beauty and art of Quran speech and wording and discovering factors affecting interplay of human's inner emotions and attraction to it (Ayes, 2007). Principles and foundations of this aesthetics is fundamental defaults and opinions about recognition of human's beauty (Ayes, 2007). The holy scripture of Quran contains divine, social, political, historical, psychological, medical teachings, etc. Certainly scholars, scientists and naturalists always have inspired by Quran and have been founders of the medicine of Quran and Islam. Different Ayatt of Quran are associated with using plants and emphasize on remedial methods and these ayatt have attracted attention of all people by their Immensity, infinity, beauty and being mysterious. According to ayah 11 of Surah Nahl merciful God states in Quran : "we made olives, date-palms, grapes, and every kind of fruits subject unto you and in this, behold, there is a message indeed for people who think (Quran, 2010). Also ayah 80 of surah Shoara points that God is sanatory of diseases. This article aims at identifying Quranic ayatt and was conducted about medicine and health approach. Due to span of subjects only some of them were studied from a scientific and medical perspective in order to study Quran beauty from medical aspect and prove Quran miracle to anyone.

MATERIALS AND METHODS

Regarding type and nature of the study, the resource of the research was merciful Quran translated by Ayatollah Makarem Shirazi and its method was content analysis and study was conducted by scientific resources.

RESULTS AND DISCUSSION

Results:

This study surveys Quranic ayahs using medical therapy approach and points to using plants and Islamic medicine methods and materials. Some of these ayatt are as bellow (Quran, 2010):

Olive and grape in ayah 67 of surah Nahl; date-palm in ayahs 25 and 26 of surah Maryam; honey in ayah 69 of surah Nahl; drinks flavored with camphor in ayah 5 of surah Al Insan; olive, date palm and grape in ayah 11 of surah Nahl; ginger in ayah 17 of surah Al Insan; legume, cucumber, garlic, onion and lentil in ayah 57 and 61 of surah Al Baghareh; gum and grilled chicken in ayah 24-31 of surah Abas; role of spouse in calmness and peace in ayah 187 of surah Al Baghareh; effect of shaving hair of head in improving disease in ayah 196 of surah Al Baghareh; approach to woman when she is in the menstruation period and factor of disease in both man and woman in ayah 222 of surah Al Baghareh; watching tree, verdure and flowing water in human's spirit in ayatt 13 and 57 of surah Nesa; ayah 85 of Maedeh surah and ayatt 72 and 100 of surah Tobeh; effect of forbidden food in ayatt 2 and 3 of surah Maedeh; effect of the Ghushl e Jenabat (the necessitous ablution done by Muslim man and woman after sexual intercourse) on human's health in ayah 6 of surah Maedeh, ayah 43 of surah Nesa, ayah 145 of surah Anam and ayah 9 of surah Younes.

Discussion:

In this study plants mentioned in Quran like date-palm, grape, olive and ginger were studied by references of modern science and their remedial effects are mentioned in following.

Ginger

Gingerole available in ginger has many useful properties. For example, it promotes good digestion and is a good pain reliever. It has also anti favor and anti bacterial properties and contractile effect on the gastrointestinal tract (Chyun et al., 2007; Cruickshank et al., 1975). Nelson et al. and Chyun et al. have proved the antibacterial effect of ginger on bacteria like E. Coli, Bacillus subtilis and salmonella typhi (Chyun et al., 2007; Nelson, 2007). Ginger was used in the traditional medicine as a drug in treatment of stomach pain, diarrhea and adnauseam, cataract, toothache, insomnia, hemorrhoid, cavities and increase in longevity. In Pharmacopoeia of China This plant has been used to treat epigaster pain with feeling of cold, diarrhea and vomiting accompanied by weak pulse and dyspnea and cough. In Ayurvedic medicine of India it is used to treat the flatulent colic. In Pharmacopoeia of German ginger has been referred as an antiemetic drug in E commission it is used in U.S.A alone or with nutritional supplement, medicines for cold and influenza, indigestion and antiemetic. This plant is used in the traditional medicine of China and Ayurvedic as tea and practitioners of acupuncture and herbal medicine believe its use is useful. Ginger was known in Pharmacopoeia of America as Carminative, aromatic and stimulant drug in national formulary. The American pharmaceutical factory of King recommends using this drug to decrease appetite, flatulence, borborygmus and spasmodic contractions of the stomach and intestines. Generally ginger is used to treat indigestion, spasm, rheumatism, stomach, cold and influenza, headache, migraine, muscle disorders and as anti inflammation drug (Herbal Medicine expanded, 2000). Aqarwal et al. have proved the prohibitive effect of ginger essence on insects of Spilosoma type (Aqarwal, 2001). Singh et al. proved the bactericidal effect of the ginger essence on Mollusks of the Lymnaea genus (Sing, 1999). Researches have shown that ginger has ability to increase weight of the testis tissue and the amount of blood testosterone hormone. Also it has ability to decrease malondialdehyde and damaged DNAs in cells of the body and increase apoptosis property in cancer cells of liver and intestine (Chen, 2007; Murakami et al., 2004; Lu et al., 2003; Kamtchouing, 2002; Seng, 2007). Effects of ginger on body include reduction of pain and treatment of rheumatoid arthritis (Prasanna et al., 2007). It acts as antitumor and causes elimination of free radicals to reduce the side effects of some diseases (Pan et al., 2008), stimulation of menstruation and relieve menstrual cycle irregularities, inhibition of prostaglandin production (Mir Heydar, 1996), lowering lipid levels of pelama and lipid peroxidation (Amin, 2006; Liu, 2003; Ficker, 2003).

Olive

Olive leave has been known as diuretic, reducer of blood sugar and cholesterol, reducer of blood uric acid and weight additive. The olive lead prevents acute hypotension and atherosclerosis and improves resistance to insulin in laboratory animals (Somova, 2003; Visioli, 1995; Visioli, 2001; Hansen, 1996). Olive extract decreases glucose concentration in diabetic mouse serum (Eidi, 2004). In the traditional medicine olive is inducer of hypertension, anti arthrosclerosis, anti flavor, aperient and effective in treatment of urine infections, anti-headache and antioxidant (Zargari, 1997). Hyper-glycemic and hyper-cholesterolemic effects of olive have been proved in mice (Esmaeili, 2003, 2004). The effect of olive tea also is known in treatment of malaria (Zargari, 1997).

Date-palm

Date-palm reinforces the security system and has antimutagenic and antioxidant and antibacterial property (Adams, 2000; Hammad and Sallal , 2002; Vayalil, 2002). In traditional medicine date was used to treat *Hoarseness*, paralysis, backache and rheumatic pains (Mirheydar, 1997). Consumption of date is an known method to treat cancers like cancer of colon, testis, stomach, etc. Its extract is useful to treat diarrhea and reproductive diseases. Date palm is consumed to treat cough, asthma, chest pain and fever. Studies show that of date palm kernel extract is useful in treatment of scorpion sting, cancer, kidney stone and bladder stone and its powder treats chronic diarrhea. Also it has been reported that date palm kernel has protective effect on liver toxicity (Morton, 1987). Hypoglycemic and hypolipidemi effects of date palm kernel also have been proved (Mokhtari, 2008).

Grape

Proanthocyanidins available in the grape seed have antioxidant property and the effect of this material on some diseases like cardiovascular and kidney diseases has been surveyed in the study conducted by Aberli et al. It Also has shown that is effective in decreasing the lipid oxidative damage in brain, liver and also the gastrointestinal mucus in diabetic animals significantly (Oberley, 1988; Bagchi, 1999; Abir and Amany, 2005). *Grape* seed Proanthocyanidins have activities similar to insulin (Pinent et al., 2004). Grape seed extract decreases concentration of blood lipids in rabbits affected hyperlipidaemia (Yu et al., 2003). *Grape* seed procyanidins causes endothelium - derived relaxation of the segregated human aorta (Aldini et al., 2003). Supportive effects of Grape seed Proanthocyanidins against cataract, breast cancer and colon are also observed (Singletary and Meline, 2001; Kieseewetter, 2000). The Grape leaf is effective in treating chronic venous insufficiency (Bilgrami and Jeswal,1993). The Grape leaf is useful in treatment of nephrotoxicosis resulted from citrinin (Gharib Naseri, 2005). Alcoholic extract of grape leaf inhibits ileum contraction induced by potassium chloride and acetylcholine (Gharib Naseri, 2004). Grape leaf inhibits contraction induced by oxytoxin in the rat uterus (Gharib Naseri, 2004). It can decrease in contractile force in segregated frog heart (Bombardelli et al., 1995). In books of pharmaceutical plants anti-diarrheal, anti-emetic and anti-varicose effects of grape leaf are pointed (Emami et al., 2010). Grape was used in the *Limnatis nilotica* (Gholami-Ahangaran et al., 2011 and 2012). Grape water has useful effect on learning and passive avoidance memory in male rate (Jung et al., 2006). Grape water has effective property in treating first stages of cancer (Shanmuganayagam et al., 2007). Grape water has treatment effect on platelet aggregation and other risk factors of atherosclerosis (Shukitt-Hale et al., 2007). Grape water decreases physical activity and intelligence with increasing age (Park et al., 2004). It is used in treating hypertension in human and Grape water consumption decreases oxidation of proteins in rat (Balu et al., 2005).

CONCLUSION

Studying scientific resources related to the effect of herbs namely ginger, date palm, grape and olive that merciful God has named in mysterious and wonderful ayaat of Quran shows that these plants have useful and beneficial pharmaceutical effects in treatment of metabolic diseases and problems that the modern science has found method of treating them in last decades or still is unable to treat them and it can be presumed that references of the Quran medicine to herbs mentioned in Quran have special pharmaceutical effects that human possibly has proved special pharmaceutical effects of these plants by inspiring from this source. This study reveals beauty, elegance and precision of Quran from medical aspect.

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