

# An Account of Some Plants and Unani Drugs Cited in the Texts of Islamic Scriptures (Holy Quran and Ahadith)

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## Abstract

An important period in the history of science is the Arabian period. The Arabs inherited the Greek culture and Greek scientific thought. After the advent of Islam, Unani System of Medicine got enriched also by imbibing what was mentioned in the Holy Quran and *Ahadith*. (*Ahadith*: plural of *Hadith*, the traditions relating to the life and teachings of Prophet Mohammad PBUH)

The Quran however, is not a book of science but a book of 'signs' *Ayats*. There are over six thousand verses in The Holy Quran of which more than a thousand deals with science. However some of the incredible, scientifically substantiated discoveries regarding the medical sciences derived from these scriptures. There are innumerable scientific facts present in the Holy Quran and *Hadith* and need attention for follow up investigation.

Many branches of Medical Sciences can be studied from Holy Quran and *Ahadith*, for example, *Manafeul-Aza* (Physiology), *Ilmul-Janeen* (Embryology), *Moalejat* (Therapeutics), *Hifzane-Sehat* (Preventive and Social medicine), *Ilmun-Nafs* (Psychiatry), *Ilmul-Advia* (Pharmacology).

Main emphasis is given in this article on *Ilmul-Advia* (Pharmacology). Therefore some drugs of the Unani Materia Medica described in the texts of Holy Quran and *Ahadith* have been discussed in this article. Only authentic *Ahadith* confirmed by reputed scholars are referred to make the paper more genuine, in this regard translation of main texts from Holy Quran and *Ahadith* also have been quoted.

**Keywords:** Ilmul Advia, Scripture, Holy Quran, Ahadith

## Introduction

History bears ample testimony to the far reaching significance and influence which the early Muslims have impressed on the scientific thought. The Glorious Quran and *Hadith* liberated the human mind from the shackles of superstitions and taboos. Inspired by the commandments of Almighty God and the teachings of the Holy Prophet they became transformed mentally and spiritually, human history has yet to see such a transformation.

Prophet Mohammad (SAW) made compulsory for every Muslim male or female to seek knowledge.

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Allah (SWT) says 'who was blessed *Hikmah* 'wisdom', blessed the very righteous thing in the universe' (Al-Quran, 2:269, it indicates chapter no. 02 and verse 269. the same notation is followed throughout the paper).

Quran says 'Allah (SWT) taught the human being what he did not know' (Al-Quran, 96:5).

Allah (SWT) instructed human beings 'ask the learned men if you do not have knowledge' (Al-Quran, 16:43).

The human reason, logic and science are given primacy in present age. Any scripture claiming to be a divine revelation must also be acceptable on the strength of its own reason and logic. Noble Prize winner Albert Einstein says "Science without religion is lame, Religion without science is blind". (Naik, 2000) Analysis of the Quran and Hadith is going on and important information of modern sciences have been derived from Holy Quran like astronomy, physics, geography, geology, oceanology, botany, zoology, medical sciences, general sciences etc.

Present investigation does not mean that the plants, animals and minerals which are described in Holy Quran and *Ahadith* exactly mean for medicinal purposes but they are illustrated for other purposes too. However in this study it is emphasized that the cited plants, animals and minerals have been used for medicinal purposes in different cultures, traditions and religions. In this research medicinal uses of these plants, animals and minerals are experience of different communities of world.

### **Ilmul-Advia (Pharmacology)**

The environment, vegetation, animals and minerals mentioned in Holy Quran and *Ahadith* are also the source for Unani Materia Medica. As Allah (SWT) says:

'We send down of the Quran that is healing '*Shifa*' and mercy for the believers'. (Al-Quran: 17:82). Some of these plants and drugs have been described here.

#### **Adas**

*Masur*, Lentil,

(*Lens culinaris* Medic, Papilionaceae)

Text:

'...call upon your lord to bring forth for us from the earth its green herbs, its *qiththa* (cucumber), its *foom* (garlic), its *adas* (lentil), and its *basl* (onion)'. (Al-Quran, 2:61)

Four plants are mentioned in above verse: Adas, Basl, Foom and Qiththa.

*Adas* is grown in most parts of India as food pulse.

Uses: Lentils are used as a strengthening and stimulating article of food. It is mild aperients, laxative, and diuretic useful in dysurea. Externally it is applied as poultice to foul and indolent ulcer.

Nature: Galen said it is Hot and Dry (Ibn Sina, 1593).

Chemical constituents: It contains water, legumin, nitrogen, starch, oil, fiber, ash, potassium and phosphorus.

### **Basl**

Onion (*Allium cepa* Linn)

Text: (Al-Quran, 2:61)

Parts used: bulb and seeds.

Nature is hot and dry, may be hot and moist. (Ibn Sina, 1593)

Actions: It is stimulant, diuretic, expectorant, emmenagogue and aphrodisiac, externally rubefacient. Useful in sunstroke, piles, dyspepsia, jaundice (Ibn Sina, 1593). Applied in inflammatory swelling. Raw onion scent is unpleasant but it has anti-septic value. It contains acrid volatile oil which contains Allyl disulphide and related compound of sulphur, albumin, Vitamin C and B.

### **Foom**

Thaum, Lehsun, Garlic (*Allium sativum* Linn)

Text: (Al-Quran, 2:61)

Parts used: Bulb and oil.

Nature: hot and dry. (Ibn Sina, 1593)

Action and uses: stimulant, carminative, emmenagogue, anti-rheumatic, anthelmintic, anti-septic, anti-spasmodic. It lowers blood pressure and reduces cholesterol which is main cause of heart attack and paralysis. It is used in colic, peptic ulcer and externally applied to a painful area. Its enema is beneficial in sciatica because it expels the causative humors. (Ibn Sina, 1593)

Chemical constituent: carbohydrate, protein, vitamin C, mucilage, albumin, oil, allyl disulphide.

Unani formulation: *Majun Seer Alvi Khan*.

### **Qiththa**

Cucumber (*Cucumis sativus* Linn)

Text: (Al-Quran, 2:61)

It is extensively cultivated in gardens as well as in the sandy basins of rivers.

Actions: (*Qiththa*) is useful in dyspepsia, cucumber's pulp and juices are nutritious, demulcent and diuretic. It contains carbohydrate.

Nature: cold and moist.

Unani formulation: Seeds of cucumber are used in *Sharabat Bazuri*

### **Atraj**

Citron (*Citrus medica* Linn.)

Text: Bukhari and Muslim reported that Holy prophet has said "The believer who recites Quran resembles to *Atraj* (citron) which has a delicious taste and good flavor' (Ibn Al Qayyim, 2005)

It is a garden plant chiefly cultivated for its valuable fruits.

Parts used: rind, pulp, juice, oil

Nature: rind is hot dry, Pulp is hot and moist

Actions: Fruit is an expellant of poisons. Pulp is aromatic, tonic, exhilarant and stomachic. its oil is beneficial for paralysis and palpitation. (Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997)

Chemical constituents: It contains vitamin C, citrine, cymene.

### **Athl**

Tamarisk (*Tamarix aphylla* (Linn). Karst.

Text: 'We replaced their two gardens with gardens of *Khmat* and *Athal*' (Al-Quran, 34:16).

Two plants *Athl* and *Khamt* are mentioned in this verse.

Any shrub or small tree of the genus *Tamarix* having small scalelike or needle-shaped leaves and feathery racemes of small white or pinkish flowers; of mostly coastal areas with saline soil. *Tamarix gallica* is also named as *Tarafa*.

Astringent, laxative, powdered bark is aphrodisiac.<sup>4</sup> It contains tannic acid, used in the form of pessaries and ointment for piles.

## **Khamt**

Arak tree (*Salvadora persica* Linn.)

Text: 'We replaced their two gardens with gardens of *Khmat* and *Athal*' (Al-Quran, 34:16)

*Khamt* is an Arak Tree to most of the *Mufissireen* (Ibn Al Qayyim, 2005) and every thorny tree is also reported to be a *Khamt*. Root is used as tooth brush to strengthen the teeth and gum. Bark decoction act as stimulant and tonic in amenorrhea. Leaves are applied in rheumatism. Decoction of leaves used in asthma and cough.

It contains salt and resin which act as antiseptic, anthelmintic and shining to teeth and also sugar, fat, phosphorus and vitamin K.

## **Asl, Honey**

Text: 'Rivers of purified *Asl* (in heaven) in which they will have from all kind of fruits' (Al-Quran, 47:15). A whole chapter of Glorious Quran is named after '*Nahal*' honey bee which tells the importance of honey.

Honey is a sweet food made by bees using nectar from flowers. The variety produced by honey bees (the genus *Apis*) is the one most commonly referred to and consumed by humans. Honey bee assimilates juices of various kinds of flowers and fruits and forms the honey within its body which it stores in its cells of wax. Only a couple of centuries ago, man came to know that honey comes from the belly of the bee. This fact was mentioned in the Qur'an 1400 years ago in the verse.

Actions and uses: *Shahad* (Honey) has a healing and mild antiseptic property, detergent and tonic. The Russians used honey to cover their wounds in World War II. The wound might retain moisture and would leave very little scar tissue. Due the density of honey no fungus or bacteria would grow in the wound. Holy Prophet used honey repeatedly in a person suffering with diarrhea (Naik, 2000).

A person suffering from an allergy of a particular plant may be given honey from that plant so that the person develops resistance to that allergy. The knowledge contained in the Qur'an regarding honey its origin and properties were far ahead of the time it was revealed.

Nature: Hot and dry

Composition: Honey is mainly fructose (about 38.5%) and glucose (about 31.0%). Honey's remaining carbohydrates include maltose, sucrose, and

other complex carbohydrates. Honey is mostly sugars and contains only trace amounts of vitamins or minerals. Honey also contains tiny amounts of several compounds that function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase, and pinocembrin. Honey is rich in fructose and vitamin K.

Unani Formulation: honey makes an important ingredient of preparing major compounds like *Majun* and *Jawarish* etc.

### **Bateekh**

Watermelon

(*Citrullus vulgaris* Schrad.)

Text: Tirmidi and Abu-Dawood reported that the Prophet Mohammad (PBUH) used to eat watermelon with fresh date, saying, 'heat of the first repulses coldness of the second' (Ibn Al Qayyim, 2005).

It is large oblong or roundish melon with a hard green rind and sweet watery red or occasionally yellowish pulp.

Parts used: seeds, juice, pulp of the fruit.

Actions: Seeds are cooling, demulcent, diuretic, vermifuge, nutritive, refreshing. Flesh of the fruit is pink to red, soft, watery and sweet. Fruit juice is used to clinch thirst, in affection of urinary organs, fever and hepatic congestion.

Unani formulation: *Lauq Aab Tarbuzwala*.

Chemical constituent: fixed oil, citrullin.

### **Ethmed**

Antimony sulphide

Text: Ibn-Maja reported that The Prophet suggested 'Resort to *Ethmed*, as it purifies the sight and makes the eye lashes grow'. (Ibn Al Qayyim, 2005)

Best *Ethmed* is from Asfahan (Iran)

Nature: Hot and Dry (Ibn Sina, 1593).

Actions: Detergent and eye tonic, drying agent without any harm, healing agent in ulcer and wounds.

### **Enab**

Grape

(*Vitis vinifera* Linn.)

Text: We bring forth green stalks, from which We bring forth thick clustered grain and out of the date palm and its spathe come forth clusters of dates

hanging low and near, and We produce gardens of grapevine and olives and pomegranate, each similar (in kind) yet different (in variety and taste). (Al-Quran, 6: 99)

Four drugs are described in this verse: Enab, Nakhl, Rumman and Zaitun. *Enab* is described eleven places in Quran, indicating the significance.

*Enab* (Grapes) is mentioned at several places in Quran. It is largely cultivated in India.

Nature: Rind is cold and dry, pulp is hot and moist and seeds are cold and dry. (Ibn Sina, 1593)

Actions and uses: It is nutritive, demulcent, refrigerant, diuretic and cooling. Dried one is laxative, expectorant and blood purifier. *Enab* is used as medicament in various ailments such as in anemia, dyspepsia, dysuria, hemorrhage, chronic bronchitis, epilepsy and in scorpion sting.

It contains sugar, gum, citric acid, potassium, sodium, magnesium, iron, albumin, oil, fat and vitamin.

### **Nakhl**

Tamar, Rotab, Balah, Basr, Date  
(*Phoenix dactylifera* Linn.)

*Nakhl* is described in Holy Quran about 28 places. It is also mentioned in Bible.

Text: 'The Angel called Mary (PBUH), do not grieve, your Lord has provided beneath you a stream, and shake the trunk of the *Nakhl* (palm tree) toward you, it will drop upon you ripe, fresh dates, so eat, drink and be glad' (Al-Quran, 19:25).

It is main and complete diet of Arabs.

Actions: Dates are nutritious, expectorant, aphrodisiac, tonic, demulcent, laxative, and diuretic.

Uses: Heart diseases, skin diseases, antidote, swelling of kidney, intestinal pain, heart attack, wound healer, diarrhea, labour pain, sexual weakness, stomach pain, piles, physical strengthening, shrill the voice, liver disorders (Mushtaq, 2009; Qadari, 1994).

Chemical Constituents: inert sugar, sucrose, pectin, tannin, cellulose, starch, protein, fat, Vitamin A,B,C, sodium, calcium, sulphur, chlorine, phosphorus, iron.

**Rumman**  
Pomegranate  
(*Punica granatum* Linn.)

*Rumman* is described more than once in Glorious Quran.

Text: "In heaven there are fruit, palm trees and pomegranates" (Al-Quran, 55:68).

*Rumman* is used in dyspepsia, nausea, dysentery, anemia, jaundice, arthritis, bilious disease, febrile illness. It is Cardio tonic, astringent, cooling and delicious, refreshing, anthelmintic. (Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997). It contains tannin, sugar, pectin, iron, vitamin C and B.

Unani Formulation: *Jawarish Anarain*.

*Rumman* is described more than once in Glorious Quran.

**Zaitun**  
Olive  
*Olea europaea* Linn., Oleaceae

*Zaitun* is mentioned at six places in Quran.

Text: (Allah) He causes to grow for you the crops, the olives, the date-palms, the grapes, and every kind of fruit. Verily! In this indeed an evident proof and a manifest sign for people who give thought (Al-Quran, 16:11).

Nature: hot and wet.

Uses: It is useful in peptic ulcer, epistaxis, cold and cough. Oil massage gives strength to the muscles and relieves pain in arthritis, gout, sciatica and paralysis. Unani formulation is *Roghan Shifa*. Olive is a small growing ever green tree. Ripe fruit contains largest amount of oil. It contains arachidic acid, olein and fatty acid (Rahman, 1996).

**Fizzah**  
Silver, Argentum

*Fizza* is mentioned more than once in Holy Quran.

Text: 'Beautified for the people the lust of which they desire from women and sons, heaped up sums of gold and silver, fine branded horses and cattle, and tilted land' (Al-Quran, 3:14).

Two drugs are mentioned in this verse: *Fizza* and *Zahab*.



*Fizza* is a soft white precious univalent metallic element having the highest electrical and thermal conductivity of any metal; occurs in argentite and in free form.

It is used after purification in the ointment to cure scabies, ulcer and wounds. Silver leaves used for decoration of *Khameerajat*.

Silver leaves are Cardio tonic, stomachic, cerebral tonic.

Nature: cold and dry (Ibn Sina, 1593).

Unani formulation: *Maul-Fizzah*.

### **Zahab**

Gold, Aurum

Zahab is mentioned more than once in Holy Quran

Text: 'Trays of gold and cups will be passed round them, (there will be) therein all that the inner-selves could desire, and all that the eyes could delight in' (Al-Quran, 43:71).

It is a soft yellow malleable ductile (trivalent and univalent) metallic element; occurs mainly as nuggets in rocks and alluvial deposits; does not react with most chemicals but is attacked by chlorine and aqua regia. Gold is the ornament of life.

Action: *Muqawwi Aaza- Raisa and Moharrik Hararat Ghareezia*.

Ibn Sina mentioned that it is included in the drugs used for Daul Hayya and Daul Thalab (Alopecia), eye diseases, heart and palpitation. (Ibn Sina, 1593) Research has shown that gold has an adaptogenic and nootropic activity. (Ahmad, A. 1998)

Nature: Lateef Motadil (Ibn Sina, 1593).

Unani formulation: *Mauz-Zahab* (Ahmad, 1998).

### **Habbat-us-Sauda**

Shoneez, Kalonii, Black Cumin,  
(*Nigella sativa* Linn.)

Text: Bukhari and Muslim reported that the Prophet had said 'Use this *Habbatus-Sauda*, as it is the panacea that cures all diseases except death' (Ibn Al Qayyim, 2005).

Habitat: An annual erect herb of the Mediterranean region having pungent seeds used like those of caraway.

Nature: hot and dry (Ibn Sina, 1593).

Actions: It is anti-inflammatory, carminative, stomachic, expectorant, emmenagogue, anthelmintic, nervine tonic, analgesic.

Medicinal uses: Hysteria, common cold, asthma, constipation, urine blockage, anorexia, aerophagy, flatulence, dyspepsia, gastric acute, gastro enteritis, dog bites, diabetes, kidney stone, milk production, baldness, gas trouble, brain disorders, pneumonia, cough, maleness, appendicitis, labor pain, facial clearness, pimples, fatness, typhoid, piles, swelling, weakness, eczema, diarrhea, malaria, digestive disorders, allergy, wound healer, hearing problems, ear pain and swelling, paralysis, heart diseases, antiperistalsis, intestinal worms, liver pain, waist pain, sexual weakness, common fever, ascites, ulcerative colitis, crohan`s diseases, It is also used in colic pain, arthritis, paralysis, and amenorrhea. It is useful in asthma if taken with natrium (Ibn Sina, 1593). *Kalonii* oil is used in vitiligo, eczema, pimples and other skin diseases. It is also useful in diabetes mellitus. It contains tannin, resin, protein, volatile oil, gum (Mushtaq, 2009; Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997).

Unani formulation: Roghan Kalan

### **Hareer**

Abresham, Silk cocoon  
(*Bombyx mori* Linn.)

*Hareer* is mentioned more than once in Holy Quran.

Text: In paradise they will be adorned with bracelets of gold and pearls and their garments therein will be of *Hareer* (fine silk) (Al-Quran, 22:23).

Three drugs are mentioned in this verse: *Hareer*, *Luloo* and *Zahab*.

Raw silk cocoon are coverings spun by a group of silk moths during their metamorphosis.

Nature: hot and dry (Ibn Sina, 1593).

Actions and uses: It has the action of attenuant and exhilarant and beneficial for eyesight as *Kuhl* (Ibn Sina, 1593) Useful in cardiac disease, atherosclerosis, palpitation, hypotension cough and cold asthma.

Unani formulation: *Khameera Abresham Hakim Arshadwala*.

Constituents: It contains amino acid, nucleic acid, Vitamin A, D and B complex. The cocoon preparation is used in medicine as styptic, cardio tonic, aphrodisiac, expectorant.

### **Luloo**

Marwareed, Pearl)

Text: 'And round about them will (serve) boys of everlasting youth. If you see them, you would think them scattered pearls' (Al-Quran, 76:19).

*Luloo* is mentioned more than once in Al-Quran. It is an animal origin drug. Pearl mussel has nearly a semi circular shell, greenish, ornamented with the most beautiful nacre within.

Nature: Cold and dry

Actions: Ash of the pearl (*Kushta Marwareed*) is used in heart burn, nervous disease and bilious affection. Pearl is used as prophylaxis of epidemics. After purification pearl is used as stimulant, tonic, and aphrodisiac. It contains calcium and phosphorus.

Unani formulation: *Khameera Marwareed*

### **Hadeed**

Iron, *ferrous*

*Hadeed* is mentioned more than once in Al-Quran.

Text: "Give me pieces (blocks) of iron" (Al-Quran, 18: 96).

A heavy ductile magnetic metallic element; is silver-white in pure form but readily rusts.

Actions: It is essential part of hemoglobin, plays a role in the transport of oxygen by the blood. Anemia, a well known disease, is caused by deficiency of Iron.

Various Unani formulations of iron are used such as *Sharbat Faulad*, *Kushta Faulad*.

### **Henna**

Indian myrtle

(*Lawsonia inermis* Linn.)

Text: Bukhari has reported that *Hazrat Uthman* (RA) narrated we came to *Umm Salma* (May Allah please with her), she presented us some of the Prophet's hair that was colored with *henna* and *katam*. (Ibn Al Qayyim, 2005).

Here two drugs are mention in Hadith: *Hinna* and *Katam*.

It is written in Al-Qanun that the name '*Falizahraj*' is translated by some scholar as '*Henna*' (Ibn Sina, 1593).

Henna is cultivated chiefly as a hedge and garden plant.

Action: It is anti-septic, deodorant, blood purifier, detergent, astringent, tonic to the hair, highly beneficial against ulcer and other skin diseases. Leaves are used to stain hair and skin for fragrance and cosmetic. It contains tannin, resin, oil, and glycoside.

Parts used: leaves, bark, flower, seeds.

### **Katam**

*Indigofera aspalathoides* Vahl.

Text: Bukhari has reported that *Hazrat Uthman* (RA) narrated we came to *Umm Salma* (May Allah please with her), she presented us some of the Prophet's hair that was colored with *henna* and *katam* (Ibn Al Qayyim, 2005).

Root is chewed as remedy for toothache. A preparation is made from the ashes of the burnt plant which is used to clean dandruff of the hair.

Action: Bitter, anti-septic, disinfectant.

### **Idhkhir Makki, Lemon Grass**

*Cymbopogon jwarancusa*, Schult)

Text: Bukhari has reported that 'the Prophet prohibited uprooting any plant of Makkah due to sanctity of this place except *Idhkhir*, because it is used for decoration and aroma' (Ibn Al Qayyim, 2005).

This is a fragrant grass which is indigenous to India. Dioscorides mentioned it is of two kinds one without fruit and other with a black fruit (Ibn Sina, 1593).

Actions: digestive, diuretic, aromatic, anti-emetic, diaphoretic, anti-spasmodic, stimulant. It is used in the form of infusion in fever, irregular menstruation, colic, flatulence, swelling of liver and stomach.

Nature: Hot and dry.

It contains essential oil which is carminative and tonic, oil is also used in perfumery which is known as Rusa oil.

Unani formulation: *Majun-Dabeedul-warad, Roghan Mujarrab*

### **Kafoor**

*Cinnamomum camphora* Nees & Eberm.)

Text:

'Indeed the righteous will drink from a cup whose mixture is of *Kafoor*'. (Al-Quran, 76:5)

It is obtained by distillation of the wood with water.

Nature: cold and dry (Ibn Sina, 1593).

Action: Diaphoretic, stimulant, anti-septic, anti-spasmodic, carminative, analgesic, anti-poison, brain tonic. It is used to relieve the pain in pneumonia, pleurisy and headache. Useful in stomatitis, conjunctivitis and heart diseases (Ibn Sina, 1593).

Chemical constituent: volatile oil, cymene, campherol.

Unani formulation: *Qurs Tabasheer Kafuri*.

**Khardal**  
Mustard  
(*Brassica nigra* Linn.)

*Khardal* is described twice in Holy Quran as an example for a tiny thing.

Text: "O my son! If it be (anything) equal to the weight of a grain of mustard seed, and though it is in a rock, or in the heavens or in the earth, Allâh will bring it forth (Al-Quran, 31:16).

It is largely cultivated in India for fixed oil which it yields.

Actions: Externally oil is stimulant and mild counter irritant. Internally seeds are emetic, useful in febrile cases and inflammatory swelling, locally applied in sore throat, internal congestion and rheumatism. It is popular edible oil.

Parts used: seeds, leaves, oil.

Nature: Hot and dry.

Chemical constituent: Myrosin, glycoside, sinigrin.

**Kabath**  
Peelu, Arak Tree  
(*Salvadora persica* Linn.)

Text: Bukhari and Muslim have reported that *Jabir* (RA) said 'We picked the *Kabath* (arak fruit) with prophet when he told us 'pick the black fruit; it is the most delicious' (Ibn Al Qayyim, 2005).

Nature: hot and dry.

Action: *Kabath* is digestive, stomachic, and expectorant, diuretic. It is useful for back pain. It is found in *Hijaz* region.

### **Marjan**

Coral, *Corallium rubrum* (Linn.)

*Marjan* is mentioned more than once in Al-Quran.

Text: 'From both of the ocean, emerge *luloo* (pearl) and *marjan* (coral)' (Al-Quran, 55:22).

Two drugs are mentioned in this verse: Marjan and Yaqut.

*Marjan* is also an animal origin drug. It acts as cardio tonic, styptic, general tonic, nerve tonic and expectorant. It is used in palpitation, restlessness, cardiac weakness, general debility, cough, hemorrhage, diarrhea and leucorrhoea (Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997)

Nature: Cold and dry. *Marjan* contains carbonate, magnesium and iron.

Unani formulation: *Kushta Marjan*

### **Yaqoot**

Ruby

Text: 'As if they were *Yaqoot* (Rubies) and *Marjan* (coral)' (Al-Quran, 55:58).

*Yaqut* is a mineral origin drug. It is used as general tonic, cardio tonic, aphrodisiac and anti-dote to the poisons.

Nature: Hot and dry

Unani formulation is *Yaqooti*.

### **Musk**

*Moschus moschiferus* Linn.)

Text: 'They are provided with a drink of pure beverage which was sealed with Musk'. (Al-Quran, 83:26).

*Muslim* has reported that The Prophet had said 'The best perfume is Musk' (Ibn Al Qayyim, 2005).

Musk producing animal (Musk deer) is found generally in china, Russia, Assam. Musk proper is an inspissated and dried secretion from the perpetual follicle of the male musk deer.

Musk has a powerful odor, acts as stimulant, anodyne, anti-spasmodic, cardio-tonic, expectorant, diaphoretic, laxative, anti-septic, aphrodisiac, *Muqawwi Aaza- Raisa*, and anti-dote to epidemic, nervine tonic. It is used in paralysis,

general debility, impotence, palpitation and cardiac disease. Musk contains ammonia, cholesterol, fat, wax, gelatinous matter, albumin, potassium, sodium, calcium, volatile oil. (Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997).

Nature: Hot and dry

Unani formulation: *Dawaul-Misk Motadil*.

### **Mann**

*Tamarix mannifera* Medic; *Alhagi maurorum* Bunge

Text: 'And we shaded you with clouds and sent down to you *Mann* and *Salwa* (Quails); eat from the good thing which we provided you (Al-Quran, 02:57).

Many scholars say that *Mann* was a natural delicious diet obtained from the plant, called *Turanjabeen*. It was gifted to Israelites.

Action: It acts as laxative, diuretic, expectorant, aphrodisiac and nutritious. Mann contains monosaccharide, fructose and carbohydrate.

### **Qitr, Nuhas**

Copper, Cuprum, Brass

*Qitr* and *Nuhas* bothe are mentioned in Holy Quran in following verses.

Text: '*Wa-asalna lahu ainal-qitr*' (Al-Quran, 34:12).

We made flow for him a fountain of *Qitr* (molten brass or liquid copper).

There will be sent against you both, smokeless flames of fire and *Nuhas* (molten brass), and you will not be able to defend yourselves (Al-Quran, 55:35).

It is a composition of several medicine used for heart disease, skin disease, gout, rheumatism. Owing to its anti-septic qualities ancient Indians preserved water in bright copper vessels. Copper is an element found in human body naturally.

Action: astringent, sedative, anti-spasmodic, ant-septic. Modern researchers have shown colloidal copper to be useful in cancer. It diminishes pain and produces marked improvement in vision (Ibn Sina, 1593).

Nature: Hot and dry (Ibn Sina, 1593).

Unani Formulation: *Kushta Tanba*.

### **Qust Bahri**

Costus Root, Maritime Costus

(*Saussurea lappa* C.B., Asteraceae Clarke)

Text: Bukhari and Muslim have reported that the Prophet said 'Your best remedies are the *Hajama* (cupping) and *Qust Bahri* (Ibn Al Qayyim, 2005).

*Qust Bahri* is the root of a plant. It is of three kinds described by Dioscorides one is white from Arab second is black from India and third is from Syria (Ibn Sina, 1593).

Nature: Hot and dry (Ibn Sina, 1593).

Action: *Muqawwi aaza- raisa* (tonic to vital organs), expectorant, anti-spasmodic, analgesic, carminative, anthelmintic, diuretic, anti-pyretic, resolvent, aphrodisiac, blood purifier and anti-septic. It is useful in arthritis, paralysis, cough, asthma, ascitis and splenomegaly. It is applied locally on ulcer, wounds and in pain, inflammation and skin diseases. It contains volatile oil, sausserine, glycoside, potassium nitrate, manganese (Usmani, 2008).

Unani formulation: *Roghan Qust, Jawarish Jalinus*.

### **Raihan**

Sweet Basil

(*Ocimum sanctum* Linn)

*Raihan* is mentioned at two places in Quran.

Text: 'For him (in heaven) is a garden of pleasure and *Raihan* (scented plant)' (Al-Quran, 56:189).

Bukhari and Muslim have reported that Prophet Mohammad (PBUH) said 'The one, who is offered *Raihan*, should not return it as it is light and perfumed' (Ibn Al Qayyim, 2005).

It is small annual shrub or herb is cultivated in gardens of India.

Parts used: Herb, leave, seeds.

Action: anti-septic, diaphoretic, stimulant, demulcent, carminative, aphrodisiac and diuretic. It is useful in cough, diarrhea, gastric ulcer, piles, inflammation, spermatorrhea and dysentery. It is used in aroma therapy. Leaves are fragrant and aromatic. Root is febrifuge and antidote to snake poison. It is planted near temple for sanctity and disinfection. Herb basil (sweet basil), classified as *Ocimum basilicum*, are popular as an alternative to standard Western



allopathic medicine for a variety of problems, including cleansing the blood, tension as well as lowering blood pressure (Rahman, 1996).

Ocimum basilicum benefits: It acts as lowering blood pressure, anti spasmodic, easing tension, general detoxifier, cleansing the blood, lowering blood sugar levels, lowering stress levels, anti inflammatory, lowering cholesterol, can be used as an “adaptogen”.

Nature: Seeds: cold and dry, leaves: hot and dry

Chemical constituents: It contains mucilage, terpen, thymol, Eugene, essential oil.

Unani formulation: *Arq-Chobcheeni, Arq-Amber.*

### **Senna**

(*Cassia angustifolia* Vahl)

Text: Ibn-Maja has reported that the Prophet has said ‘Resort to *Senna* and *Sanut* because here is a healing from every disease except death’ (Ibn Al Qayyim, 2005).

Actions: laxative, deobstructive (*mufatteh sudad*), blood purifier, anthelmintic. It is used in constipation, fever, arthritis, asthma. (Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997)

It contains cathartic acid, emodine, Ca oxalate.

Unani formulation: *Itrifal Usto Khuddos*

### **Sidr**

Cedar (*Cedrus libani* Loud.)

*Sidr* is mentioned in Quran at four places.

Text: ‘The companions of Right will be among *Sidra* trees with thorns removed’ (Al-Quran, 56:189).

*Sidr* mountain tree from the Mediterranean Sea belongs to the species *Taxus*, one of the large trees and the wood is solid and strong and is said to be resistant to insect pests and termites.

It is used in fever, flatulence, dropsy, rheumatism, piles, and diarrhea and in snake bite. It contains gum, essential oil.

## Teen

(*Ficus hispida* Linn.)

Text: Allah swears by *Teen* and *Zaitun* (Al-Quran, 95:1). A chapter is named after *Teen* because of its advantage and benefits.

Habit and Habitat: An erect branched cultivated tree, found in Central Asian countries. (Mushtaq, 2009) The best fruit is white then red and then black (Ibn Sina, 1593).

Actions: Avicenna described *Teen* in detail (Ibn Sina, 1593). It is used in sore throat, ulcer, gout, piles. Fig is easy for digestion and drug of choice for habitual constipation. It acts as emollient, cooling, laxative, demulcent, aphrodisiac and nutritive.

It contains protease, amino acid, tyrosine, sugar, gum, fat, and enzyme. Figs have been found to be brimming with minerals like magnesium, manganese and zinc and also Vitamin E. All of them can do wonders to spice up sex life. (Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997)

Nature: Hot and moist (Ibn Sina, 1593).

Unani Formulation.: *Majun Injeer, Sharbat Injeer*

## Ood Hindi

Eagle Wood

(*Aquilaria agallocha* Roxb.)

Text: Imam Ahmad reported from Umm Qais that prophet had said 'Resort to the Indian Wood as it encloses seven remedies, among which the cure of pleurisy' and *Muslim* reported that *Abdullah bin Umar* used to perfume himself by burning the Agar in a brazier mixed with camphor and he said 'in this way The Prophet used to perfume himself (Ibn Al Qayyim, 2005).

Actions: Nerve and brain tonic, anti-septic, expectorant, cardio tonic, stomachic, appetizer, digestive, mouth freshener, aphrodisiac. *Agar* is used in dyspepsia, loss of appetite, nausea, vomiting, diarrhea, ascitis, spermatorrhea, premature ejaculation. It contains volatile and fixed oil, resin. It is burnt to repel the worms and for disinfection. (Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997).

Nature: hot and dry.

Unani formulation: *Jawarish Ood sheeri*.

## **Warss**

(*Flemingia grahamiana* Wight and Arn)

English Name: Memcylon (Tintura)

Local Name: Kamaila

Arabic Name: Warss

Family: Fabaceae

Habit and Habitat: Tree

Distribution: Sudan, Yemen and Sri Lanka

Part used: Leaves extract

Text: Imam Tirmidhi reported 'The prophet prescribed the oil and the *Warss* (Ceylon cornel) against pleurisy' and Umm Salma (R A) narrated that we applied Warss on our face during forty days of puerpurium to rid off the freckle' (Ibn Al Qayyim, 2005).

A plant resembling sesame, peculiar to Arabia, of which a wash for the face is prepared. Avicenna describes it is a red substance resembling to Saffron and procured from Yemen. (Ibn Sina, 1593).

Action: Astringent, used for cosmetics, beneficial in scabies, alopecia itching, swelling, papules, *Quba*, *Kalf o Namash* and Freckle, (A small brownish spot of the pigment melanin on the skin)

Medicinal uses: Tuberculosis, throat infection, constipation, eczema, piles, leukoria, swelling, germicides, kidney and urinary bladder stone and hysteria (Mushtaq, 2009).

Nature: Hot and dry in 2<sup>nd</sup> grade (Ibn Sina, 1593).

## **Yaqteen**

White Pumpkin, Gourd

*Lagenaria vulgaris* Seringe

Text: 'And we caused to grow over him a tree of *Yaqteen*' (Al-Quran, 37:146).

Prophet Yunus (PBUH) was blessed with tree of *Yaqteen*, which is known to give cooling shade and to be a repellent of flies.

It is good vegetable, seeds are diuretic, nutritive. Oil is cooling, emollient and used in headache.

Parts used: seed, seed oil, pulp of the fruit. Chemical constituents: albumin, carbohydrate, fiber, saponin, pectin, calcium, potassium, iron, iodine, phosphorus, vitamin B and C.

### **Zanjabeel**

(*Zingiber officinale* Rosc.)

Text: 'They will be given to drink a cup which flavor is of *Zanjabeel*' (Al-Quran, 76:17).

*Zanjabeel* is cultivated in many parts of India and is described by Dioscorides.<sup>7</sup>

Nature: Hot and Dry (Ibn Sina, 1593).

Actions: It is aromatic, carminative, digestive, rubefacient, aphrodisiac, expectorant and stimulant to gastro intestinal tract. It has a lot of benefit, used in neuralgic pain and productive cough. We Indians are fortunate that purely Indian origin plant has found a place in Holy Quran.

It is the classic medicine for dealing with many digestive disorders. Ginger promotes *Hararat Gharazi* (digestive and metabolic heat), thus promoting digestive heat burning toxins and removing and lowering cholesterol deposits. Ginger is a pungent herb par excellence; we may call ginger as being stimulating carminative for digestion (Al-Damashqi, 1987; Antaki, 1923; Razi, 1967; Saeed, 1997).

It contains volatile oil, resin, starch and gingerin.

Unani formulation: *Jawarish Zanjabeel*.

### **Zareera**

Chiraita Chirata

(*Swertia chirata* Buch., Gentianaceae)

Texts: Bukhari and Muslim reported that *Ummul momineen Ayesha* (RA) narrated 'I applied *Zareera* as a perfume to the Prophet during his last pilgrimage at the time of putting on *Ehram* and out of it' (Ibn Al Qayyim, 2005).

Nature: hot and dry.

Action and uses: It is bitter, blood purifier, anti-pyretic, diaphoretic, tonic to stomach and liver, appetizer, carminative, anthelmintic. Its decoction is useful in skin disease, scabies, and flatulence, loss of appetite, dyspepsia, diarrhea, and fever. *Zareera* is useful for swelling of stomach, intestine and liver and ascitis (Ibn Sina, 1593, Usmani, 2008).

It contains chiratine, rofalic acid, bitter substances, and carbonates.

*Zareera* is also reported to be *Acorus calamus* which is used for cosmetic purpose on skin also (Mushtaq, 2009).

### **Zaqqum**

(*Euphorbia resinifera* Berg., Euphorbiaceae)

Text: It is described at three places in Quran as the food of sinful persons in hell.

It acts as strong purgative, of bile and phlegm, causes abortion in women. It is poisonous plant.

*Zaqqum* contains resin, euphorbol, mucilage, starch.

### **Samak**

Fish

Ibn Maja and Imam Ahmad reported from Abdullah ibn Umer that prophet has said

‘Two dead animals and two bloods are permitted to eat for us: the Fish and *Jarad* (Locust), the liver and the spleen’ (Ibn Al Qayyim, 2005; Asqalani, 2008).

Nature: Cold and moist but some fish are hot in nature (Ibn Sina, 1593).

Actions: creates phlegm, useful in *Wajaul-warak* (hip joint pain), clears voice and cleanses trachea, prevents haemoptysis (Ibn Sina, 1593).

Heart: Fish is thought to protect the heart because eating less saturated fat and more Omega-3 can help to lower the amount of cholesterol and triglycerides in the blood – two fats that, in excess, increase the risk of heart disease. Omega-3 fats also have natural built-in anti-oxidants, which are thought to stop the thickening and damaging of artery walls. Regularly eating fish oils is also thought to reduce the risk of arrhythmia – irregular electrical activity in the heart which increases the risk of sudden heart attacks.

Brain functionality: 10-12% of the human brain is composed of lipids including the Omega-3 fat DHA. Recent studies suggest that older people can boost their brain power by eating more oily fish, with regular consumers being able to remember better and think faster than those who don't consume at all. Other research has also suggested that adding more DHA to the diet of children with attention-deficit hyperactivity disorder can reduce their behavioral problems and improve their reading skills, while there have also been links suggested

between DHA and better concentration. Separate studies have suggested that older people who eat fish at least once a week could also have a lower chance of developing dementia and Alzheimer's disease.

**Joint benefits:** Including fish as a regular part of a balanced diet has been shown to help the symptoms of rheumatoid arthritis – a painful condition that causes joints to swell up, reducing strength and mobility. Studies also show that sufferers feel less stiff and sore in the morning if they keep their fish oil intake topped up.

Recent research has also found a link between Omega-3 fats and a slowing down in the wearing of cartilage that leads to osteoarthritis, opening the door for more research into whether eating more fish could help prevent the disease. (Faruqi, 1997; Ghaznavi, 1997).

**Minerals:** Fish is high in minerals such as iodine and selenium, which keep the body running smoothly. Iodine is essential for the thyroid gland, which controls growth and metabolism, while selenium is used to make enzymes that protect cell walls from cancer-causing free radicals, and helps prevent DNA damage caused by radiation and some chemicals. Fish is also an excellent source of vitamin A, which is needed for healthy skin and eyes, and vitamin D, which is needed to help the body absorb calcium to strengthen teeth and bones.

## **Conclusion**

Al-Quran, the main source of the Islamic faith, is a book believed by Muslims, to be of completely Divine origin. It contains Divine guidance for all humankind.

The Quran invites all humans to reflect on the creation of this universe in the verse:

“Indeed in the creation of the heavens and the earth, and the alternation of night and day there are signs for the people of understanding, who remember Allah while standing, sitting and lying on their sides and contemplate about the creation of the heavens and the earth, saying, our Lord you did not create these aimlessly, Exalted are you, then protect us from the fire of Hell” (Al-Quran 3:190).

A close look at checklist of medicinal flora tells us that some of these plants are not of Arabic origin but The Holy Prophet (PBUH) gave the references of such plants that are not only grown in Arab countries but exist through out the world. This shows that the Holy Prophet was sent for the entire world. From this study it is found that *Phoenix dactylifera* (Date palm) has highest number

of references in The Holy Quran. This plant is a complete diet having nutritional and medicinal values as it is used for digestive problems, piles, sexual diseases and heart attacks.

The scientific evidences of the Quran clearly prove its Divine origin. No human could have produced a book, fourteen hundred years ago, that would contain profound scientific facts, to be discovered by humankind centuries later.

Scientists of various disciplines and research scholars may utilize the knowledge of different branches of medical sciences cited in the texts.

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