

Importance Of Some Medicinal Plants In Light Of Hadith: A Review

¹Uzma Viquar, ²Tasleem Ahmad, ³Nargish Firdaus, ⁴M. A. Waheed, ⁵Munawwar Hussain Kazmi
¹Reader, ²Ilmul Advia (Pharmacology), ²R.O and HOD, Biochemistry, ³Student, ⁴R.O., ⁵Professor

^{1,2,3}Central Research Institute of Unani Medicine, Hyderabad, 500038,

⁴Edathala, Kochin, Kerala, 683561,

⁵Dept. Of Ilmul Advia (Pharmacology), Central Research Institute of Unani Medicine, Hyderabad, 500038

Abstract - Plants are being used as medicine since a long time in both Unani and Ayurveda system of medicine. There is always a salient feature of Islamic teachings and preachings to cure the diseases through medicinal plants. The Holy prophet Hazrat Muhammad Sallallahu Alehiwasallam(S.A.W.) used medicinal plants and suggested to the Sahabas(followers and companios of prophet Hazrat Muhammad Sallallahu Alehiwasallam(S.A.W.) for cure of various diseases. The whole Muslims have complete belief on advices, actions and habits of the Prophet Muhammed S.A.W which were stored as records by Sahabas called Hadith. The Hadith are the sayings, ruling, advices, actions and habits of the prophet Hazrat Muhammad S.A.W. which were organized into a comprehensive permanent record by Sahabas. Holy prophet S.A.W. used and recommended the medicinal plants for various diseases and foods to his Sahabas, which were collected and written by their companion Raziallahu anhu(R.A.) in the form of Hadith. In this review some medicinal plants i.e Agaricus Ostreatus, Citrullus vulgaris, Cydonia oblonga, Ficus carica, Olea europea, Phoenix dactylifera, Punica granatum, Salvadora persica, Vitis vinifera Nigella sativa, Aloe barbadensis, Cassia angustifolia, Hordeum vulgare, Boswellia serrata with their therapeutic actions has been described and also mentioned the ethanobotanical importance in the light of Hadith.

keywords - Hadith, Medicinal plants, Fruits, Vegetables

Introduction

Medicinal plants have been tested and found with curative properties against various diseases. Mostly people of the world rely on the use of traditional medicinal plants for their health care and management of chronic diseases. Medicinal plants are being used since a long time to cure the diseases. Most of the drugs are prepared from the fresh as well as dried plants in Unani, Ayurveda and homeopathy system of medicine^[1]. According to the Quran and Hadith, God created disease and God also created a treatment for every disease^[2]. The Holy Prophet Hazrat Muhammad S.A.W. has said that for every disease there is a remedy, and when the remedy is made perceptible, the disease is cured by the permission of God^[3]. The Holy Prophet Hazrat Muhammad S.A.W. used and recommended medicinal plants for various diseases and food^[4]. Farooqui described importance of many plant species in his book. He reported 70 plants^[5]. Khalid Ghaznavi mentioned many plant species in his book Tibb-e-nabvi aur jadeed science^[6,7]. Many Research articles have published the importance of some vegetables, fruits, aromatic plants species, medicinal flora which are mentioned in Quran and Hadith^[1,8,9,10,11]. In this article 14 plants which are listed in Hadith for awareness and wellbeing of human being throughout the world has been described.

Agaricus ostreatus Linn. (Mashroom)

It belongs to the family agaricaceae distributed in many parts of India particularly on the hills and plains of northern and eastern India. It is commonly known as Mashroom and kammatt. Paste with water applied to the gums in excessive salivation and stomatitis, dysentery, diarrhea and stop hemorrhage^[12]. It is also used for Eye Diseases, Clear Eyes, Physical strength, germicide, arthritis, paralysis, muscles pain, headache and dizziness ^[1].

In the light of Hadith

Saeed bin Zaid Raziallahu Anha (R.A) narrates that I heard the Prophet Hazrat Muhammed S.A.W. saying, Truffles are like Manna (i.e. they grow naturally without any care) and water of truffles are used to heals eye diseases. Hazrat Suhaib (R.A.) narrates that Prophet Hazrat Muhammed S.A.W. was saying, Truffles are a kind of Manna which Allah sent down upon bani Israil and their juice is a medicine for the eyes ^[5].

Citrullus vulgaris (Tarbooz)

It is also known as Water melon or tarbooz and belongs to the family Cucurbitaceae. Fruits and seeds of Water-melon are used. It is used as demulcent, diuretic, vermifuge, nutritive^[12]. Watermelon juice is considered as a healthy drink which is rich in lycopene, minerals and vitamins such as A, B and C. Regular consumption of watermelon juice can increase blood concentration of lycopene and beta-carotene^[13]. Studies suggest that these potent antioxidants may have protective effects against heart disease and certain cancers, such as prostate, bladder, and cervical cancer^[14].

In the light of Hadith

Hazrat Abdullah Bin Abbas (R.A.) narrates that Prophet Hazrat Muhammed S.A.W. said: "You should eat water melon as well as drink. It washes and purifies the urinary bladder and increases the sexual power. Hazrat Aisha (R.A.) narrates that Prophet

Hazrat Muhammed S.A.W. used to eat water melon with fresh dates^[5]. Sahl bin Sad Al-Sadi (R.A.) narrates that Prophet Hazrat Muhammed S.A.W. used to eat ripe dates with Water-melon^[7].

***Cydonia oblonga* Mill.(Bahi, Safarjal)**

It's English name is Quince and local name is Bahi. It belongs to the family Rosaceae. It is a small tree or shrub, rather than bushy, found in dry rocky places, foothills and cultivated on the plains. It is used in respiratory disease as expectorant in children. Its fruit is used as a cardiac tonic^[15]. Medicinal properties of Quince can be broadly categorized as cardiogenic and brain tonic whereas dried pits are used as a remedy for soreness and sore throat and relieving of cough, diarrhea, dysentery and constipation, it is proven to be very effective in diabetes and urinary problem^[16]. The medical importance of *Cydonia oblonga* has been described in a review as Immunological and antiallergic, antioxidant Antimicrobial, hypolipidemic, Anticancer, Antiinflammatory, Antidiabetic effects^[17].

In the light of Hadith

Hazrat Talha bin Ubaidullah (R.A) narrated that Prophet Hazrat Muhammed S.A.W. said: Quince makes the heart strengthen, makes the breath pleasant and relieves the burden of the chest. Hazrat Jabir bin Abdullah (R.A) narrated that Prophet Hazrat Muhammed S.A.W. said, "Eat the Quince because it cures the heart attack and relieves the burden of the chest. Hazrat Anus bin Malik (R.A) narrated that Prophet Hazrat Muhammed S.A.W. said: the burden of the heart is removed by eating of the Quince. The Holy Prophet Hazrat Muhammed S.A.W. said, "Feed your pregnant women on Quince, for it cures the diseases of the heart and makes the babies handsome^[5].

***Ficus carica* L (Anjeer)**

It is cultivated in north part of India. It's English name is Figs and local name is Anjeer. It belongs to the family Moraceae, it is a small tree cultivated in poor soil. All parts of this plant have medicinal property. *Ficus carica* is given to cure piles and gout^[12]. It is also used for the treatment of Jaundice, Diabetes, Nutritive Anemias, and as an anti-inflammatory^[18]. Some beneficial effects of fig extract have been reported to have therapeutic benefits in cases of hyperglycemia, cancer, helminth infection, hypercholesterolemia, hypertriglyceridemia and bovine papillomatosis^[19,20]. The latex of fig is traditionally widely applied on warts, skin ulcers and sores and can be taken as a purgative and vermifuge. This plant also has been reported to exhibit anticancer, antioxidant, antidiabetic, hepatoprotective, hypolipidemic, and antimicrobial antifungal and antimutagenic activity^[21].

In the light of Hadith

Hazrat Abu Darda (R.A.) narrates that Prophet Hazrat Muhammed S.A.W. said, "Eat fig, because it cures the piles and is useful for rheumatism"^[5]. Hazrat Abu Darda (R.A.) narrates that someone presented a plate of figs to the Prophet and Prophet Hazrat Muhammed S.A.W. said, "Eat figs! I would say figs were sent down to us from the heaven, because it has no seeds. It cures the piles and is useful for rheumatism."^[22].

***Olea europea* L.(Zaitoon)**

It's English name is Olive and local Name is Zaitoon. It belongs to the family *Oleaceae*. It is an erect branched cultivated tree. Fruit and oil are used. It has various medicinal property, its Strengthen body muscles, slow down ageing, clear the blood, remove the measles spot, piles, tuberculosis, eczema, baldness, kidney pain, pancreas pain, common cold, stomach and respiratory diseases. In Arab Islamic countries olive oil has been commonly used in cooling cosmetics, pharmaceuticals and soaps as a fuel for traditional oil lamps^[23]. Oils of zaitoon with honey and bees wax are reported very effective for the management of hemorrhoids and anal fissure. Olive oils gives relief the soreness in bleeding piles applied locally^[24]. Recent studies have been carried out focusing on evaluation of the antidiabetic, anticancer, antimicrobial, antifungal, antiviral, antioxidant, antihypertensive, gastroprotective, anti-inflammatory, antinociceptive, neuroprotective, and cardioprotective activities which has been mentioned by Ali Hashmi M et al. in their review^[25].

In the light of Hadith

Hazrat Abu Huraira (R.A.) narrated that Prophet Hazrat Muhammed S.A.W. said "Eat the olive oil and massage it over your bodies since it is a holy (mubarak) tree. Hazrat Alqama Bin Amir (R.A) narrates that Prophet Hazrat Muhammed S.A.W. "There is olive oil for you, eat it, massage over your body, since it is effective in Hemorrhoids (Piles)^[5].

Hazrat Aqba Bin Amir (R.A) narrates that the Prophet Hazrat Muhammed S.A.W.said: You have the olive oil from this Holy tree, treat yourself, it cures the Anal fissure (Basoor). Hazrat Abu Hurairah (R.A) narrates that the Prophet Hazrat Muhammed S.A.W. said: "Eat the olive oil and apply it (locally), since there is cure for seventy diseases in it, one of them is Leprosy"^[5].

***Phoenix dactylifera* L. (Khajoor)**

It's English name is Date palm and local Name is Khajoor belongs to the family *Arecaceae*. It is cultivated tree. It has expectorant, nutritive, aphrodisiac cooling, laxative properties so it is useful in diarrhoea genito-urinary system problems. Medicinal uses of *P. dactylifera* are used for antidote, building up body weight, heart diseases, liver disorders, skin diseases, intestinal pain, wound healer, labour pain, sexual weakness, stomach pain, piles, physical strengthen, anemia, stroke, anti-ageing and in treatment of tooth ache^[26]. It protects cadmium induced testicular toxicity^[27], CCL4 induced Hepatotoxicity in rats^[28]. Ahmad Ateeq et al. has been reported in his review that this plant has a great medicinal value as it has been reported to have versatile phytochemical including phenolics, sterols, carotenoids, anthocyanins, procyanidins, flavonoids, different minerals and vitamins. These phytochemicals have been responsible for the different pharmacological effect like antibacterial, anti-inflammatory, antidiabetic, Antihyperlipidemic, Immunostimulatory, antiasthmatic, nephroprotective, hepatoprotective and aphrodisiac etc.^[29].

In the light of Hadith

Hazrat Saad bin Abi Waqas (R.A.) narrated that Prophet Hazrat Muhammed S.A.W. said: who eats seven dates of Madina (Ajwa dates) every morning, will not be affected by poison and magic on the day he eats them. Hazrat Abdullah bin Abbass (R.A.) narrated that the Prophet Hazrat Muhammed S.A.W. said, "The 'Ajwah is from Paradise and it is an antidote against poison. Abdullah ibn Jaafar (R.A.) told that I saw Prophet Hazrat Muhammed S.A.W. eating Qith'a (cucumbers or snake cucumber) with fresh dates. Hazrat Aisha (R.A.) reports that, "Prophet Hazrat Muhammed S.A.W. used to eat watermelon with fresh dates.[5].

Punica granatum L. (Anar)

It's English name is Pomegranate and local name is Anar. It belongs to the family Punicaceae. Pomegranate has strong antioxidant and anti-inflammatory, anti-cancer activity in several human cancers^[30,31]. It is also used as a cooling drink to dimmulate action of bile. Pulp of punica used for cardiac and stomach diseases^[15]. There have been several studies reported, anti-atherosclerotic activity of Pomegranates ^[32]. Since very early pomegranate has been popular to be used as functional food and source of nutraceuticals being enriched in antioxidant, anticarcinogenic, anti-obesity, antitumor, and anti-inflammatory medicinal properties. Pomegranate intake has proved its potential in correcting disorders of cancer, insulin resistance within the body, high blood pressure, high cholesterol level, oxidative stress, hyperglycemia, chronic inflammatory diseases including intestinal inflammation, obesity, cardiovascular disorders, etc. Several studies reported the antimicrobial, antioxidant, anti-inflammatory, anticancer as well as immune stimulant activities of pomegranate^[33,34].

In the light of Hadith

Hazrat Anas bin Malik (R.A.) narrated that the Prophet Hazrat Muhammed S.A.W. said: There is not a Pomegranate which does not have a pip from one of the Pomegranates of the Garden (of Jannah) in it. Hazrat Ali bin Abi Talib (R.A.) narrated that the Prophet Hazrat Muhammed S.A.W. said: Pomegranate and its rind strengthen digestion (stomach)^[5,35].

Salvadora persica L. (Miswak)

It is commonly known as tooth brush tree belong to the family Salvadoraceae, its Arabic name is shajar-e-miswak and tibbi name is jhal or pilun. It is a Shrub or small tree found in rocky slopes and sandy area. Whole part is used. It is widely distributed in the arid regions of India and often on saline soils. The fresh leaves are eaten as salad and are used in traditional medicine for cough, asthma, scurvy, rheumatism, piles, and other diseases^[36]. The use of miswak is a pre-Islamic custom, which was adhered to by the ancient Arabs to get their teeth white and shiny ^[37]. It is also used as a antidote to poison of sorts and leaves juice given in scurvy^[15].

In the light of Hadith

Hazrat Aaisha (R.A.) narrates that Prophet Hazrat Muhammed S.A.W. said, "Miswak purifies the mouth and is a cause of Allah's pleasure. Hazrat Abu-Hizat-us-Sabahi (R.A.) narrates that Prophet Hazrat Muhammed S.A.W. gave him a twig of *Salvadora* (Al-Arak) and said: Use it as miswak ^[5].

Vitis vinifera L. (Angur)

It is English name grapes and arabic name is inab. It is also known as Angur locally. It belongs to the family Vitaceae. It is cultivated in north western India for eating as fresh fruit purposes. Fruit part is used for various ailments. Some randomized controlled human trials have associated the consumption of grapes and grape juice with a wide variety of health-promoting effects particularly the reduced risk of cardiovascular diseases, type-2 diabetes, certain types of cancers, and other chronic complications ^[38,39,40,41]. Leaves are astringent and are used in diarrhoea infection whereas dried fruit have cooling effect, prevent cough and stomach diseases^[15].

In the light of Hadith

Narrated Abu Huraira (R.A.) told that Prophet Hazrat Muhammed S.A.W. said: Don't call the grapes Al-Karm, (because) Al-Karm is the heart of the Mumin. Prophet Hazrat Muhammed S.A.W. said: You have resins (Munaqqa) which make the colour of the face handsome and remove the phlegm. Narrated Abdullah bin Abbass (R.A.) That Raisins were soaked for Prophet Hazrat Muhammed S.A.W. He used to drink this syrup that day, the next day and sometimes the third day ^[5].

Nigella sativa L. (Kalonji)

Nigella sativa L. commonly known as black seed, belong to family *Ranunculaceae* have been used for thousands of years as a spice and food preservative, as well as a protective and curative remedy for several disorders.^[42] *N. sativa* is an annual flowering plant grows at 20-90 cm tall. Seeds are small dicotyledonous, trigonus, angular, tubercular, black externally and white inside, odor slightly aromatic and taste bitter^[43] and are used in the treatment of various diseases like bronchitis, diarrhea, rheumatism, asthma and skin disorders. It acts as a liver tonic, anti- diarrheal, appetite stimulant, emmenagogue. Oil is used as an antiseptic and local anesthetic externally. Roasted black seeds are given internally to stop the vomiting. It also has been extensively studied for its biological activities and shown to possess wide spectrum of activities such as diuretic, antihypertensive, bronchodilator, gastroprotective, hepatoprotective, antidiabetic, anticancer and immunomodulatory, analgesic, antimicrobial, analgesics and anti-inflammatory, spasmolytic, renal protective and antioxidant properties^[44,45].

In light of Hadith

Prophet Hazrat Muhammad S.A.W. has Quoted that "except death, there is a cure for all ailment in kalonji." (According to Bukhari, Muslim, Ibne Maja. Narrated by Abu Huraira RA)^[46].

Aloe barbadensis Mill. (Gheekwar , sibr, Aloe)

Aloe vera or Aloe barbadensis belongs to the Asphodelaceae family, of which there are over 360 known species. Genus Aloe is a perennial, succulent xerophyte grown in temperate and sub tropical parts of the world. It has originated from

Africa.^[47] It is a stem less or very short-stemmed plant growing to 80-100 cm tall, spreading by offsets and root sprouts. The leaves are thick and fleshy due to water storage tissue in the leaves to survive in dry areas of low rainfall.^[48] Aloe vera is cultivated in large quantities because of its high demand in industrial, cosmetics and pharmaceutical sector. The pharmacological actions of Aloe vera include anti-inflammatory and anti-arthritis activity and antibacterial and hypoglycaemic effects. It is called the healing plant or the silent healer, because of its wound and burn healing properties. Aloe gel is used as a moisturizing agent and for the treatment of minor burns, skin abrasions, and irritations. Aloe vera gel has been used to treat gingivitis and been effective against herpes simplex viruses^[49].

In the light of Hadith

It brightens the face and must be applied on face only in night time. (According to Abu Dawood. Narrated by Umme Salma)

***Cassia angustifolia* Vahl. (Berg e Sana, Sana makki)**

It's English name is Indian senna. belongs to the family *Caesalpinaceae*. It is a shrub, native to Sudan and Arabia, now cultivated in Tirunelveli district and lesser extent in Madurai Salem district of Tamilnadu.^[44] Leaves are compound with 5-8 pairs of lanceolate. Flowers large in long racemose-pods, slightly curved. Leaves usually used as medicinal purposes. Leaves juices used in urinary disorders, leaf and fruits are used as laxative and purgative and in loss of appetite, hepatomegaly, splenomegaly, indigestion, malaria, jaundice and anemia.

Externally: leaf powder admixture with vinegar and applied to cure skin disorders.^[12]

In the light of Hadith

The Prophet Hazrat Muhammed S.A.W. has said "Take the Sana and Sanaut (as medicine) for in both of them is healing for every disease except death." (According to Tirmizi. Narrated by Abu Ubayy Ibn Umm Haram (A.S.) And Hazrat Abu Ayyub Ansari (R.A.)^[47].

***Hordeum vulgare* L. (Barley, barley water, Ma us shaer)**

It's English name is 'Barley' belong to family *Graminaceae*. Barley is an annual crop used throughout ancient civilizations as an important food source that stands 60-120 cm tall. There is a spike-shaped arrangement of seed at the end of every stem. The consumption of barley support the body's own self healing mechanisms. The components of barley aid the body in maintaining cells in a healthy condition and work to rectify abnormalities^[50]. It is rich in soluble fiber components especially β -glucans, which are effective in lowering serum cholesterol as well as in regulating blood glucose level. It has been reported that barley possessed anti-inflammatory, antilactagogue, diuretic, antioxidant, aphrodisiac, antiviral, antiprotozoal, astringent, demulcent, digestive, expectorant, febrifuge, antimutagenic, hypocholesterolemic, emollient, refrigerant, sedative, stomachic, tonic properties, used as a poultice for burns and wounds^[51]. In a review it has been summarized that it is a promising medicinal plant with wide range of pharmacological activities such as antioxidant, hyperglycemia reduction, cardiovascular and neuropharmacological effects etc.^[52].

In the light of Hadith

Yousuf Bin Abdullah Bin Salam states that I saw the Prophet Hazrat Muhammed S.A.W. taking a piece of barley bread and put a date on it and stated that was bread's vegetable (salan). (Abu Dawood)

The barley gruel was especially prepared after boiling barley with milk and sweetened with honey. That preparation was called as Talbina.

Whenever a person of the family of Prophet Hazrat Muhammed S.A.W. fell sick then it was ordered that the barley gruel should be prepared for him. Then He Prophet Hazrat Muhammed S.A.W. used to state "it removes the grief of the patient's heart, removes its weakness as any of you removes the dirt from your face after washing it". (Ibn Maja)

Aisha (R.A) used to order preparation of Talbina for sick person and used to say "though the patient dislike it, but it is highly beneficial for him. (Bukhari)

Another narration is found on record from Aisha Siddiqua (R.A). Whenever anyone complained of loss of appetite to the Prophet (saw), He Prophet Hazrat Muhammed S.A.W. ordered to use Talbina and stated "By Allah who hold my life, this removes the dirt of your abdomen as one of you removes the dirt of your face by washing it"^[44].

***Boswellia serrata* Roxb. (Kundur, loban)**

It's English name is Indian frankincense or Indian Olibanum and local name is salai or loban, belong to family *Burseraceae*. It is a stem exudation of *B. Serrata*, oleo-gum resin obtained from a medium sized or small branched, deciduous tree with a spreading, flat crown. leaves crowded near the end of the branches, leaflets many, opposite or nearby so in equilateral coarsely crenate-serrate. Gum is fragrant transparent, burnt as incense and medicinally used as diaphoretic, diuretics, astringent, emmenagogue, also used in rheumatism, nervous and skin diseases.^[53] Sultana et al., mentioned that this herb has been pharmacologically and clinically proven as it has anti-arthritis, anti-diarrhoeal, anti-depressant, anti-asthmatic, anti-inflammatory, anti-convulsant properties and useful in inflammatory bowel diseases. Moreover, recently the other pharmacological activities such as anti-cancer, hepato-protective, hypolipidemic, and hypoglycemic properties are also confirmed.^[54].

In the light of Hadith

Prophet Hazrat Muhammed S.A.W. has said "Fumigate your houses with Loban and sa'tar" (According to Baheqi)

Prophet Hazrat Muhammed S.A.W. has said "Fumigate your houses with Loban and Sheeh" (According to Baheqi)^[44].

Conclusion

The prophetic traditions and sayings of Prophet Hazrat Muhammed S.A.W. are of religious, spiritual and scientific importance; such useful literature from Hadith and Islamic books has long been felt with the increasing need of medicinal plant. In this way present literature from this review can be adopted to record the medicinal uses of plants for welfare of human beings.

Acknowledgment

Authors are thankful to Deputy Director Incharge, CRIUM Hyderabad for giving their valuable suggestion to writing this review article

References

- [1] Marwat SK, Khan MA, Khan MA, Ahmad M, Zafar M, Rehman S et al. Fruit Plant species mentioned in the Holy Quran and Ahadith and their ethnomedicinal importance. *American-Eurasian J. Agric. & Environ. Sci*, 2009d;5(2): 284-295.
- [2] Loukas M, Saad Y, Tubbs RS, Shoja MM, The heart and cardiovascular system in the Qur'an and Hadeeth, *Int J Cardiol*, 2009 ;140(1):19-23
- [3] Al-Bukhari M, Khan MM, Shahih al-Bukhari(Arabic) The English translation of Sahih Al Bukhari with the Arabic text Vol.9. Al-saadwi publications 1996. 5466.
- [4] Nasr SH, Islamic Science-An illustrated study. Westerham press, Ltd., Westerham, Kent (England), 1976: 15.
- [5] Farooqi I., Ahadith Mein Mazkoor Nabatat, Adwiya Aur Ghizain. Iilm-o-Irfan Pulishers, Urdu Bazar Lahore, 1998: 151-152, 168.
- [6] Ghaznavi K, Tibb-e-nabvi aur Jadeed science. Vol.2, Al faisal Nashran. Urdu Bazar, Lahor Pakistan, 2011: 1-475. ISBN 969-503-011-4.
- [7] Ghaznavi, K., Tibb-e-nabvi aur Jadeed science. Vol.1 Al faisal Nashran. Urdu Bazar, Lahor Pakistan, 2012:1-352. ISBN 969-503-004-1.
- [8] Marwat SK, Khan MA, Khan MA, Ahmad M, Zafar M, Rehman, S, Sultana S, Vegetable mentioned in Holy Quran and Ahadith and their Ethnomedicinal studies in Dera Ismail Khan, N.W.F.P., Pakistan. *Pakistan Journal of Nutrition*, 2009a ;8(5), 530-538
- [9] Marwat SK, Khan MA, Khan MA, Rehman S, Ahmad M, Zafar M, Sultana S, *Salvadora persica*, *Tamarix aphylla* and *Zizyphus mauritiana*-Three woody plant species mentioned in holy Quran and Ahadith and their ethnobotanical uses in north western part (D.I. Khan) of Pakistan. *Pakistan Journal of Nutrition*, 2009b; 8(5): 542-547.
- [10] Marwat SK, Khan MA, Khan, Bhatti IU, Aromatic Plant species mentioned in the Holy Quran and Ahadith and their ethnomedicinal importance. *Pakistan Journal of Nutrition* 2009c; 8(9): 1472-1479.
- [11] Ahmad M, Khan MA, Marwat MA, Zafar M, Khan MA, Hassan TU Sultana S, Useful medicinal flora enlisted in quran and Ahadith. *American-Eurasian J. Agric. & Environ. Sci*. 2009; 5(1):126-140.
- [12] Nadkarni KM, The Indian material medica with ayurvedic unani and home remedies. Edn. 3, Vol.1, Popular Prakashan Mumbai, 2010, 1240-1243.
- [13] Edwards AJ, Vinyard BT, Wiley ER, Brown ED, Collins JK, Perkins-Veazie PA et al. Consumption of Watermelon Juice Increases Plasma Concentrations of Lycopene and β -Carotene in Humans *Nutr*, 2003: 133, 1043-50.
- [14] De Roos N, Katan MB, Effects of probiotic bacteria on diarrhea, lipid metabolism, and carcinogenesis. *Am J Clin Nutr* 2000 ; 71:405-11.
- [15] Chatterjee A, Pakrashi SC. The Treatise on Indian Medicinal Plants; Publication and information directorate New Delhi; 1992, vol-2:10-11, vol-4; 190, 175,
- [16] Sharma R, Joshi VK, Rana JC. Nutritional composition and processed products of Quince (*Cydonia Oblonga* Mill. *Indian Journal of Natural Products and resources* 2011;2(3): 354-357.
- [17] Al-Snafi A E. The medical importance of *Cydonia oblonga*- A review, *IOSR Journal Of Pharmacy* 2016;6, 6 (2):87-99
- [18] El-Shobaki FA, El-Bahay AM, Esmail RS. Effects of figs fruit (*Ficus carica* L.) and its leaves on hyperglycemia in alloxan diabetic rats, *World J of Diary and Food Sci*. 2010 ;5(1):47-57.
- [19] Guarrera PM. Traditional phytotherapy in Central Italy (Marche, Abruzzo and Latium). *Fitoterapia* 2005;76: 1-25.
- [20] Lansky EP., Pavilainen HM., Pawlus AD., Newman RA., *Ficus* spp Ethnobotany and potential as anticancer and anti-inflammatory agents. *Journal Ethnopharmacology* 2008; 119: 195-213
- [21] Gani G et al. Phytochemistry and pharmacological activities of fig (*Ficus carica*): A review *International Journal of Research in Pharmacy and Pharmaceutical Sciences* 2018;3(2):80-82
- [22] Al-jozi (Al-Jawzyiyya), Azmi AR, Ahmad MM. Ibn-al-Qayyim. (Tibb-Nabbi Arabic) *Almaktaba Al-Saudia, Tibb-Nabvi. Kutab Khana Shan-e-Islam. Urdu Bazar Lhore. P.* 1985 ;379:1016.
- [23] Zaid H, Riyan A, Said O, Saad B., Cancer treatment by Greco-Arab and Islamic herbal medicine. *The open nutraceuticals Journal* 2010 ;3:203-212
- [24] Al-Waili N S, Saloom KS, Al -Waili T N, Al -Waili A N., Hemorrhoids and Anal Fissure . *The Scientific world journal* 2006; 6: 1998
- [25] Hashmi M A, Khan A, Hanif M, Farooq U, Perveene S. Traditional Uses, Phytochemistry, and Pharmacology of *Olea europaea* (Olive) *Hindawi Publishing Corporation Evidence-Based Complementary and Alternative Medicine* .2015, Article ID 541591, 29 pages <http://dx.doi.org/10.1155/2015/541591>

- [26] Onuh SN, Ukaejiofo EO, Achukwu PU, Ufelle SA, Okwuosa CN, Chukwuka CJ, Haemopoietic activity and effect of Crude Fruit Extract of *Phoenix dactylifera* on Peripheral Blood Parameters. *Int J Biol Med Res.*, 2012; 3(2): 1720-1723.
- [27] El-Neweshy MS, El-Maddawy ZK, El-Sayad YS, Therapeutic effects of date palm (*Phoenix dactylifera* L.) pollen extract on cadmium-induced testicular toxicity. *Andrologia* 2013. ;45(6):369-78.
- [28] Abdelaziz DH, Ali SA, The protective effect of phoenix *dactylifera* L. seeds against CCL4-induced hepatotoxicity in rats. *J. Ethnopharmacol.* 2014; 155(1): 736-43.
- [29] Ahmad Ateeq et al . *Phoenix dactylifera* linn. (pind kharjura): a review *Int. J. Res. Ayurveda Pharm* 2013; 4(3):447-451.
- [30] Adhami VH, Mukhtar H, Antioxidant from green tea and pomegranate for chemoprevention of prostate cancer. *Mol biotechnol.* 2007;37:52-57.
- [31] Longtin, R. The Pomegranate: Nature's Power Fruit? *Journal of the National Cancer Institute* 2003;95 (5) :346-348.
- [32] Aviram M, Dornfeld L, Pomegranate juice consumption inhibits serum angiotensin converting enzyme activity and reduces systolic blood pressure. *Atherosclerosis* 2001; 158(1):195-198
- [33] Stowe CB. The effects of pomegranate juice consumption on blood pressure and cardiovascular health. *Compl Therap in Clin Practice* 2011; 17: 113-5
- [34] Viladomiu M, Hontecillas R ,Lu P, Bassaganya-Riera J. Preventive and prophylactic mechanisms of action of pomegranate bioactive constituents. *Evid Based Compl Altern Med* 2013; 2013: 789764.
- [35] Al-Qadr, Prophetic medicine. 2007; Available at: <http://www.ummah.com/forum/showthread.php?111227-Prophetic-medicine/>
- [36] Khatak M, Khatak S, Siddqui AA, Vasudeva N, Aggarwal A, Aggarwal, P. *Salvadora persica*. *Pharmacogn Rev.* 2010; 4(8):209-214.
- [37] Sadhan AL, Almas, Miswak (chewing stick) - A cultural and scientific heritage. *Saudi Dent J* 1999;11:81.
- [38] Feringa HHH, Laskey DA, Dickson JE, Coleman CI. The effect of grape seed extract on cardiovascular risk markers:a meta-analysis of randomized controlled trials. *Journal of American Dietic Association* 2011. ;111(8):1173-1181.
- [39] Kar P, Laight D, Rooprai HK, Shaw KM, Cummings M. Effects of grape seed extract in Type 2 diabetic subjects at high cardiovascular risk: a double blind randomized placebo controlled trial examining metabolic markers, vascular tone, inflammation, oxidative stress and insulin sensitivity. *Diabetic Medicine* 2009; 26(5):526-531.
- [40] Brooker S, Martin S, Pearson A et al. Double-blind, placebo-controlled, randomised phase II trial of IH636 grape seed proanthocyanidin extract (GSPE) in patients with Raziation-induced breast induration. *Raziotherapy and Oncology* 2006 ;79(1):45-51.
- [41] Preuss HG, Wallerstedt D, Talpur N et al. Effects of niacin-bound chromium and grape seed proanthocyanidin extract on the lipid profile of hypercholesterolemic subjects: a pilot study. *Journal of Medicine* 2000;31 (5-6):227-246.
- [42] Khare CP. *Encyclopedia of Indian medicinal plants*. Edn1 New York Springes-Verlag Berlin Heidelberg , 2007,439,36.
- [43] Goreja WG. *Black seed nature's miracle remedy*. New York, NY 7 Amazing Herbs Press, 2003.
- [44] Hafeez BB, HaqueR, ParvezS, Pandey, S., Sayeed, I., Raisuddin,S.Immunomodulatory effects of fenugreek (*Trigonella foeneum-graecum* L.) Extract in mice. *Int Immunopharmacol*, 2003;3(2): 257-265.
- [45] Sultana S, Asif H M, Akhtar N, Asif Iqbal, et al. *Nigella sativa*: Monograph. *Journal of Pharmacognosy and Phytochemistry* ,2015; 4(4): 103-106 .
- [46] Ghaznavi, K, *Tibb-e-nabvi aur Jadeed science*. Vol.1, Khursheed Book Depot Aminabad Lucknow,2000;55,133,229,286.
- [47] Vogler B, Ernst E, *Aloe vera: a systematic review of its clinical effectiveness*, *British Journal of General Practice*, 1999 ;49(447): 823-828.
- [48] Kumar KPS, Bhowmik D, Chiranjib and Biswajit, *Aloe vera: A Potential Herb and its Medicinal Importance*, *Journal of Chemistry and Pharmaceutical Research*,2010; 2(1):21-29.
- [49] Choi S, Chung MH, A review on the relationship between *Aloe vera* components and their biologic effects, *Seminars in Integrative Medicine*, 2003;1:53-62.
- [50] Behall KM, Scholfield DJ, Hallfrisch J, Lipids significantly reduced by diets containing barley in moderately hypercholesterolemic men ,*J Am Coll Nutr.* 2004 Feb;23(1):55-62
- [51] Sinha A, Meena AK, Panda P, Srivastava B, Gupta MD, Padhi MM *Phytochemical, Pharmacological and Therapeutic Potential of *Hordeum vulgare* Linn. - A Review*. *Asian J. Research Chem.* 2012;5(10): 1303-1308
- [52] Rashid K, Kumar CS, Haleel PMM. *Healthcare Benefits of *Hordeum vulgare* L (Barley):A Phyto-Pharmacological review*, *Res. J. Pharmacology and Pharmacodynamics*.2017; 9(4): 207-210
- [53] Vardhana R .*Direct uses of Medicinal Plants and their Identification*.Edn.1 Sarup and sons Daryaganj, New Delhi ,2008,55
- [54] Sultana A, Khaleeq Ur Rahman, Padmaja AR, Shafeeq Ur Rahman. *Boswellia serrata roxb. A traditional herb with versatile pharmacological activity: a review*.*IJPSR*,2013; 4(6): 2106-2117.