

Fruit Plant Species Mentioned in the Holy Qura'n and Ahadith and Their Ethnomedicinal Importance

¹Sarfaraz Khan Marwat, ¹Mir Ajab Khan, ²Muhammad Aslam Khan,
¹Mushtaq Ahmad, ¹Muhammad Zafar, ³Fazal-ur-Rehman and ¹Shazia Sultana

¹Department of Plant Sciences, Quaid-i-Azam University, Islamabad

²Department of Arabic, Islamic Studies and Research Gomal University, Dera Ismail Khan, Pakistan

³Faculty of Pharmacy Gomal University, Dera Ismail Khan, Pakistan

Abstract: In view of the importance of this study comprehensive detailed data was collected from Holy Quran, Ahadith's books and books written on the Islamic medicines. Present findings confined to 10 fruit plant species belonging to 10 genera of 9 families. The plant species are: *Citrullus lanatus* (Thunb.) Mats. & Nakai, *Cucumis sativus* L., *Cydonia oblonga* Mill. *Ficus carica* L., *Olea europea* L., *Phoenix dactylifera* L., *Punica granatum* L., *Salvadora persica* L., *Vitis vinifera* L. and *Zizyphus mauritiana* Lam. mentioned in Holy Quran and Ahadith. Complete macro & microscopic detailed morphological features of these species were discussed. Results were systematically arranged by alphabetic order of botanical names followed by English name, Arabic name, family, habit and habitat, part used, medicinal uses and references cited from Holy Quran and, Ahadith. The main aim of this study is to document the knowledge of ethnobotanical importance of fruits in the light of Islam. A table comprising, distribution in world, flowering period and chemical constituents, is given.

Key words: Ethnomedicinal study % Pakistan % Holy Quran % Ahadith

INTRODUCTION

Fruits are one of the oldest forms of food known to man. There are many references to fruits in ancient literature. Vedas state that the fruits form the base of the Food of Gods. According to Qur'an, the fruits like grape, date, fig, olive and pomegranate are gifts and heavenly fruits of God. The people in ancient times regarded fruits to be endowed with magic or divine properties. They gave them due reverence and dedicated them to their gods and goddesses. They also used their designs in decorating temples, vestments or ceremonial garments and sacred vessels. Fresh and dry fruits are the natural staple food of man. They contain substantial quantities of essential nutrients in a rational proportion. They are excellent sources of minerals, vitamins and enzymes. They are easily digested and exercise a cleansing effect on the blood and the digestive tract. Persons subsisting on this natural diet will always enjoy good health. Moreover, the ailments caused by the intake of unnatural foods can be successfully treated by fruits. Fresh and dry fruits are thus not only a good food but also a good medicine [1].

Fruits, eaten raw or consumed as fresh juice, are excellent ways to retain and balance the moisture level in the body. The low level of sodium in fruits plays an important role for people who would like to avail of a salt-free diet. Dry fruits like apricots, raisins and dates are storehouses of calcium and iron, essential for the strengthening of bones and maintaining good blood, respectively. Custard apple too is an excellent calcium source. If you are unwell, consume fruits in the form of fresh juice only. One or two fruits a day cleans the digestive tract and aids easy bowel action [2].

Plants are an essential component of the universe. Human beings have used plants as medicine from the very beginning of time. After various observations and experimentations medicinal plants were identified as a source of important medicine, therefore, treatment through these medicinal plants, began in the early stages of human civilization [3]. Approximately 70% of the homeopathic drugs are prepared from the fresh plants. Similarly more than 90% of tibbi medicines are prepared from herbs. Pakistan is very rich in plants of medicinal value [4].

In Islam diseases are cured in two ways, first the cure of soul through prayers and second the cure of ailments through medicines. The Holy Quran is one of the reference books describing the importance of plants used for different ailments in various Surahs. The Holy Quran says: And the earth He has put down (laid) for the creatures. Theirin are fruits, date palms producing sheathed fruit-stalks (enclosing dates). And also corn, with (its) leaves and stalks for fodder and sweet-scented plants. Then which of the blessings of your lord will you both (jinn and men) deny? [5].

Our Holy Prophet (Sallallaho Alayhi Wassallam) used certain herbs and recommended various medicinal plants for cure of common diseases. The Prophet (Sallallaho Alayhi Wasallam) frequently commented upon the nature and value of various foods and spices. These comments were noted by his wives and companions (Radiallaho Anhum) and remain available to us today [6].

Keeping in view the importance of diverse medicinal flora and rich medicinal culture of Islam, research work was conducted to investigate ethnobotanical uses and create awareness about the fruit plant species enlisted in Holy Quran, Ahadith for the welfare of human communities throughout the world.

MATERIALS AND METHODS

The research work was conducted by reviewing the Holy Quran, Ahadith and Islamic books. Comprehensive and detailed information about 10 fruit plant species of ethnobotanical importance mentioned in the Holy Quran and Ahadith were collected from these sources. Plants species were arranged in systematic order of botanical names in alphabetic order followed by family, Quranic name, Arabic name, English name, habit and habitat, part used, medicinal uses and references cited from Holy Quran, Ahadith and Islamic books. Correct botanical names, their families and identification of plants were done by using flora of Pakistan.

RESULTS

Present findings were confined to 10 fruit plant species belonging to 10 genera of 9 families enlisted in Holy Quran, Ahadith and Islamic literature. The plant species are: *Citrullus lanatus*, *Cucumis sativus*., *Cydonia oblonga*, *Ficus carica*, *Olea europea*, *Phoenix dactylifera*, *Punica granatum*, *Salvadora persica*, *Vitis vinifera* and *Zizyphus mauritiana* which are used throughout the world for various aspects such as food,

vegetable, medicinal and industrial products. Data inventory constitutes botanical name, family, Quranic name, English name, local names, Arabic name, habit and habitat, parts used, medicinal uses and references cited from Holy Quran and books of Ahadith. A table comprising S. #., botanical name, distribution in world, flowering and fruiting period and chemical constituents, is given at the end.

Citrullus lanatus (Thunb.) Mats. & Nakai

English Name: Water Melon
Local Name: Tarbooz
Arabic Name: Bitteekh
Family: Cucurbitaceae
Habit & Habitat: Annual climber or trailer, cultivated.
Part used: Fruit and seeds.
Medicinal uses: Kidney pain clears the urine and stomach, facial beauty, increase immunity, jaundice and have cold effects.

References from Ahadith

- C Narrated Sahl bin Sad Al-Sadi (Radiyallahu Anhu): Rasulullah (Sallallaho Alayhi Wasallam) ate ripe dates with water melon [7].
- C Hazrat Abdullah Bin Abbas (Radiyallahu Anhu) narrates that Rasulullah (Sallallaho Alayhi Wasallam) said, "Water melon is diet as well as drink. It washes and purifies the urinary bladder. It increases the sexual power [8].
- C Hazrat Aisha (Radiyallahu Anha) narrates that Rasulullah (Sallallaho Alayhi Wasallam) ate water melon with fresh dates [8].

Cucumis sativus L.

English name: Cucumber
Local name: Khira
Arabic name: Qissa, Khiarun
Family Name: Cucurbitaceae
Habit and Habitat: Annual trailer or climber, cultivated herb.
Parts used: Fruit
Medicinal uses: Cooling, diuretic, tonic and vermifuge, diuretic, purgative.

References from Holy Quran

- C Sûrah 2. Al-Baqarah, Verse. # 61: And (remember) when you said, "O Mûsâ (Moses)! We can not endure one kind of food. So invoke your Lord for us to bring forth for us of what the earth grows, its

herbs, its cucumbers, its *Fûm* (wheat or garlic), its lentils and its onions.” [5].

References from Ahadith

- C Narrated Abdullah bin Ja'far (Radiyallahu Anhu): I saw Allah's Apostle (Sallallahu Alayhi Wasallam) eating fresh dates with cucumber [Bukhari, Muslim, Tirmizi, Ibne Maja [9].
- C Abdullah bin Ja'far (Radiyallahu Anhu) reported: I saw Allah's Messenger (Sallallahu Alayhi Wasallam) eating cucumber with fresh dates [8].
- C Narrated Aisha, Ummul Mu'minin (Radiyallahu Anha): My mother intended to make me fat to send me to the (house of) the Apostle of Allah (Sallallahu Alayhi Wasallam). But nothing which she desired benefited me till she gave me cucumber with fresh dates to eat. Then I became very fat [9].

Cydonia oblonga Mill.

English Name: Quince
Local Name: Bahi
Arabic Name: Safarjal
Family: Rosaceae
Habit & Habitat: Small tree (shrub) found in dry rocky places, foothills and cultivated on the plains.
Medicinal uses: Heart diseases, diarrhea, endocarditis, pericarditis, dysentery

References from Ahadith

- C Hazrat Talha bin Ubaid Ullah (R.A) narrated that Rasullullah (Sallallahu Alayhi Wasallam) said: This (Quince) makes the heart strengthen, makes the breath pleasant and relieves (removes) the burden of the chest [8].
- C Hazrat Jabir bin Abdullah (R.A) narrated that Rasullullah (Sallallahu Alayhi Wasallam) said, “Eat the Quince (Safarjal) because it cure the heart attack and relieves(removes) the burden of the chest” [8].
- C Hazrat Anus bin Malik (R.A) narrated that Rasullullah (Sallallahu Alayhi Wasallam) said: the burden of the heart is removed by eating of the Quince [8].
- C The Holy Prophet (Sallallahu Alayhi Wasallam) said, "Eat quince, for it sweetens the heart. For Allah has sent no prophet as His messenger without feeding him on the quince of Paradise [8].
- C Rasullullah (Sallallahu Alayhi Wasallam) said, “Feed your pregnant women on quince, for it cures the

diseases of the heart and makes the babies handsome” [8].

Ficus carica L.

English Name: Figs
Local Name: Anjeer
Arabic Name: Teen
Family: Moraceae
Habit & Habitat: A small tree cultivated in poor soil
Part used: Bark, leaves, Milk
Medicinal uses: Remove kidney and urinary bladder stone, release intestinal pain, pile, dyspepsia and anorexia.

References from Holy Quran

- C Surrah Teen, Verse. #. 1-4: By the fig and the olive. By mount Sinai. By this city of security (Makkah). Verily, We created man in the best stature(mould) [5].

References from Ahadith

- C Hazrat Abu Darda (Radiyallahu Anho) narrates that Rasullullah (Sallallahu Alayhi Wasallam) said, “Eat fig, for it cures the piles and is useful for rheumatism” [8].
- C Hazrat Abu Darda (Radiyallahu Anho) narrates that someone presented the Prophet a plate of figs and he said, “Eat figs! If I would say a certain type of fruit was sent down to us from the heavens I would say it’s a fig because it has no seeds. It ends (cures) the piles and is useful for rheumatism.”[10]

Olea europea L.

English Name: Olive
Local Name: Zaitoon
Arabic Name: Zaitoon
Family: Oleaceae
Habit & Habitat: An erect branched cultivated tree.
Part used: Fruit and oil
Medicinal uses: Strengthen body muscles, slow down aging, clear the blood, remove the measlespot, piles, tuberculosis, eczema, baldness, kidney pain, pancreas pain, maleness, common cold, stomach and respiratory diseases.

References from Holy Quran

- C Surah 6. Al-An‘âm, Verse. # 99: And out of the date-palm and its spathe come forth clusters of dates hanging low and near and gardens of grapes, olive

and pomegranates, each similar (in kind) yet different (in variety and taste). Look at their fruits when they begin to bear and the ripeness thereof. Verily! In these things there are signs for people who believe [5].

- C Surah 16. An-Nahl, Verse. # 11: "With it He causes to grow for you the crops, the olives, the date-palms, the grapes and every kind of fruit. Verily! In this is indeed an evident proof and a manifest sign for people who give thought" [5].
- C Surah 24. An-Nûr, Verse. # 35: "Lit from a blessed tree, an olive, neither of the east (i.e. neither it gets sun-rays only in the morning*) nor of the west (i.e. it gets sun-rays in the afternoon*), whose oil would almost glow forth (of itself), though no fire touched it." [5].
- *According to Yousa Ali [11], this olive tree is not localized. It is neither of the east nor of the west. It is universal, for such is Allah's light.
- C Surrah Teen, Verse. #. 1-4: (see under the reference of *Ficus*).

References from Ahadith

- C Hazrat Abu huraira (R.A.) narrated that Rasullullah (Sallallahu Alayhi Wasallam) said "Eat the olive oil and massage it over your bodies since it is a holy (mubarak) tree." [8]
- C Hazrat Alqama Bin Amir (R.A) narrates that Prophet (Sallallahu Alayhi Wasallam) said, "There is olive oil for you, eat it, massage over your body, since it is effective in Hemorrhoids (Piles)." [8].
- C Hazrat Aqba Bin Amir (R.A) narrates that the Prophet (Sallallahu Alayhi Wasallam) stated, "You have the olive oil from this Holy (mubarak) tree, treat yourself with this, since it cures the Anal fissure (Basoor)." [7].
- C Hazrath Abu Hurairah (R.A) narrates that the Prophet (Sallallahu Alayhi Wasallam) stated, "Eat the olive oil and apply it (locally), since there is cure for seventy diseases in it, one of them is Leprosy." [8, 12].
- C Khalid Bin Saad (R.A.) narrates, "I came to Madinah with Ghalib Bin Al Jabr. Ghalib became ill during the journey. Ibn Abi Ateeq came to see him and told a narration from Hazrat Aisha(R.A.) that the Prophet (Sallallahu Alayhi Wasallam) told about the cure in Kalonji. We crushed a few seeds of Kalonji and mixed it with olive oil and dropped in both nostrils, after which Ghalib became healthy." [12].
- C Hazrat Zaid Bin Arqam (R.A) narrates, " We have been directed by the Prophet (Sallallahu Alayhi

Wasallam) that we should treat the Pleurisy with Qust-e-Behri (Qust Sheerin) and olive oil." [12].

Phoenix dactylifera L.

English Name:	Date palm
Local Name:	Khajoor
Arabic Name:	Balah
Family:	Arecaceae
Habit & Habitat:	Cultivated tree, may be found self grown.
Part used:	Fruit
Medicinal 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.

References from Holy Quran

- C Surah Al-Bakara, Verse 266: Would any of you wish to have a garden with date-palms and vines [5].
- C Surah 16. An-Nahl, Verse. # 11: (see under the references of *Olea*).
- C Surah-An-Nahl, Verse 67: And from the fruits of date-palms and grapes, you drive strong drink and goodly provision [5].
- C Surah Israa, Verse 91: " Or you have a garden of date-palms and grapes and cause rivers to gush forth in their midst abundantly." [5].
- C Surah Al-Mumenoon, Verse 19: Then We brought forth for you therewith gardens of date-palms and grapes, wherein much fruit is for you and whereof you eat [5].
- C Surah Yaseen, Verse 34: And we have made therein gardens of date-palms and grapes and we have caused springs of water to gush forth therein [5].
- C Surah Al-An'âm Verse. # 99: (see in the references of *Olea*).
- C Surah Ar-Ra'd. Verse. # 4: and date-palms, growing, into two or three from a single stem root, or otherwise (one stem root for every palm), watered with same water [5]. .
- C Surah 19. Maryam, Verse. # 25: "And shake the trunk of the date-palm towards you, it will let fall fresh ripe-dates upon you." [5].
- C Surah Yaseen. Verse: 34: And We have made therein gardens of date-palms and grapes and We have caused springs of water to gush forth therein [5].

- C Surah 55. Ar-Rahmân, Verse. # 11-28: Therein are fruits, date-palms producing sheathed fruit-stalks (enclosing dates) [5].
- C Surah 80. 'Abasa, Verses. # 27-29: And We cause therein the grain to grow and grapes and clover plants (i.e.green fodder for the cattle) and olives and date-palms [5].

References From Ahadith

- C Hazrat Abdullah bin Umar (Radiyahallahu Anhuma) narrated that The Rasulullah (Sallallahu Alayhi Wasallam) said, "There is a tree among the trees which is similar to a Muslim (in goodness). Its leaves do not fall. What is that tree? The Prophet (Sallallahu Alayhi Wasallam) himself said, "that is the date palm tree." [8, 12].
- C Hazrat S'ad bin AbiWaqas (R.A) narrated that Rasulullah (Sallallahu Alayhi Wasallam) said, "He who eats seven dates of Madina (Ajwa dates) every morning, will not be affected by poison and magic on the day he eats them." [8, 12].
- C Hazrat Abdullah bin Abbass (Radiyahallahu Anhuma) narrated that the Prophet (Sallallahu Alayhi Wasallam) said, "The 'Ajwah is from Paradise and it is an antidote against poison. The Kamah (truffles) is a type of Manna and its water (extract) cures the eye [7, 8].
- C Abdullah ibn Jaafar radiyallahu anhu says, "I saw Rasulullah (Sallallahu Alayhi Wasallam) eating *Qith'a (cucumbers or snake cucumber) with fresh dates." [8,13].
- C Hazrat Aisha (Radiyahallah Anha) reports that, "Rasulullah (Sallallahu Alayhi Wasallam) ate watermelon with fresh dates." [8].
- * In Arabic the word "Qitha" is used for both 'cucumber-khira' and 'snake cucumber-kakri'.

Punica granatum L.

English Name: Pomegranate
 Local Name: Anar
 Arabic Name: Rumman
 Family: Punicaceae
 Habit & Habitat: Tree, cultivated in the area.
 Part used: Fruit
 Medicinal uses: Stomach cough, hepatitis, muscle pain, heart and liver diseases, piles, eye diseases, dental problems, oral diseases, diarrhea and dysentery.

References from Holy Quran

- C Surah Al-An'âm Verse. # 99: (see under references of *Olea*)
- C Surah Al-An'âm Verse. # 141: (see under references of *Olea*)
- C Surah Ar-Rahman Verse. # 68-69: (see under references of *Olea*)

References from Ahadith

- C Hazrat Anas bin Malik (Radiyahallahu Anhu) narrated that the Prophet (Sallallahu Alayhi Wasallam) said, "There is not a pomegranate which does not have a pip from one of the pomegranates of the Garden (of Jannah) in it." [8, 12].
- C Hazrat Ali bin Abi Talib (Radiyahallahu Anhu) narrated that the Prophet (Sallallahu Alayhi Wassallam) said, "Pomegranate and its rind strengthen digestion (stomach)" [12].

Salvadora persica L.

Family: Salvadoraceae
 Quranic Name: Khamt
 Arabic Name: Shajar-e-Miswak, Al-arak, Khardal
 English name: Tooth brush tree, Mustard tree
 Local names: Jhal (Saraiki) Playman (Pashto), Pilu(Urdu).
 Tibb name(s): Pilun, Jhal
 Habit and Habitat: Shrub or small tree found in rocky slopes and sandy area.
 Parts used: Whole plant.
 Flowering period: March-June.
 Folkmedicinal uses: Useful in rheumatism and scurvy, antidote to poison. Useful in biliousness, asthma and cough, poultice for tumour and pile. Fruit edible, carminative, diuretic and deobstruent.

References from Qur'an

- C Sura Saba, Verse. # 16: But they turned away (from the obedience of Allah), so we sent against them *Sail Al-'Arim* (flood released from the dam) and we converted their two gardens into gardens producing bitter bad fruit and tamarisks and some few lote-trees [5].

References from Ahadith

- C Hazrat Jabbar Bin Abdullah (Radiyahallah Anhu) narrates that Rasulullah (Sallallahu Alayhi

Wassallam) said, “The black coloured Kapas (fruit of *Salvadora*) is the best (finest) one” [13, 8].

- C Hazrat Aaisha (Radiyallah Anha) narrates that Rasulullah (Sallallahu Alayhi Wasallam) said, “Miswak purifies the mouth and is a cause of Allah’s pleasure” [Bukhari (13,8)].
- C Hazrat Abu-Hizat-us-Sabahi (Radiyallah Anhus) narrates that Rasulullah (Sallallahu Alayhi Wasallam) gave him a twig of *Salvadora* (Al-Arak) and said, “Use it as miswak” [8].
- C Hazrat Abu Zaidul-Ghafqi (Radiyallah Anhus) narrates that Rasulullah (Sallallahu Alayhi Wasallam) said, “Miswak is of three types. If *Salvadora* is not available then (use) Anum and Batum [8].

***Vitis vinifera* L.**

English Name: Grapes
 Local Name: Munaka
 Arabic Name: Inab
 Family: Vitaceae
 Habit & Habitat: Perennial vine, cultivated for fruit purposes.
 Part used: Fruit juice
 Medicinal uses: Common cold, relax body and brain muscles, stomach diseases, cooling effects on body, cough, kidney and urinary bladder pain, liver and lung disorders, dog bite, remove weary, clear the face and cancer.

References from Holy Qur’an

- C Surah Al-Bakara, Verse 266: (see under the reference of *Phoenix*).
- C Surah-An-Nahl, Verse 67: (see under the reference of *Phoenix*).
- C Surah Israa, Verse 91: (see under the reference of *Phoenix*).
- C Surah Abasa, Verses 27, 28: (see under references of *Phoenix*).
- C Surah I-Mumenoon, Verse 19: (see under the reference of *Phoenix*).
- C Surah Yaseen, Verse 34: (see under the reference of *Phoenix*).
- C Surah An-Naba, Verses 31,32: Verily, for the Muttaqun, there will be a success (Paradise), Gardens and vineyards (5).

References from Ahadith

- C Narrated Abu Huraira (R.A): The Prophet said, "Don't call the grapes Al-Karm, (because) Al-Karm is the heart of the Mumin" [8].

- C Rasulullah (Sallallahu Alayhi Wasallam) said, “You have raisins (Munaqqa) which make the colour of the face handsome and remove the phlegm” [7, 8].
- C Narrated Abdullah bi Abbass (R.A): Raisins were soaked for Rasulullah (Sallallahu Alayhi Wasallam). He used to drink this syrup that day, the next day and sometimes the third day [8].

***Zizyphus mauritiana* Lam.**

Quranic Name: Sidar
 Arabic Name: Nabaq, Sidar
 English Name: Indian jujube
 Local Name: Ber, Bera.
 Family: Rhamnaceae
 Habit and Habitat: Wild and cultivated found in dry area and rocky places.
 Parts used: Fruit, leaves, wood.
 Folkmedicinal uses: Treatment of abscesses and wounds, anodyne and tonic, styptic and purifying blood

References from Quran

- C Sura Saba, Verse. # 16: (see under reference *Salvadora*).
- C Surah 53. An-Najm, Verses 13, 14: And indeed he (Muhammad Sallallahu Alayhi Wasallam) saw him [Jibril (Gabriel)] at a second descent (i.e. another time). Near *Sidrat-ul-Muntaha* (a lote-tree of the outmost boundary over the seventh heaven beyond which none can pass). Near it is the Paradise of Abode. When that covered the lote-tree which did cover it [5].
- C Sura Waqiya, Verse. # 27, 28: And those on the Right hand-how (fortunate) will be those on the Right Hand? (They will be) among thornless lote-tree [5].

References from Ahadith

- C Hazrat Ahmad Zahbi (Rahmatullah ALayhi) narrates, “The first fruit eaten by Hazrat Adam (Alayhi Sallam)” after His descent on the earth, was the fruit of the *Zizyphus* [8, 14].
- C Hazrat Abdullah bin Abbas narrates that Rasulullah (Sallallahu Alayhi Wasallam) said, Wash (pointing towards a person who died at Arafat) him with water and leaves of sidar [8].
 Ibn Al-Qaem considers its fruit very useful for the treatment of diarrhea and weakness of the stomach [9].
 Note: There is contradiction about the plant (Cidar) mentioned in the Holy Qur’an. According Farooqi [8, 15] and Chughtai [14] the word ‘Sidar’ does not mean

Zizyphus sp. (ber in urdu) but it is used for another plant *Cedrus* sp. (Labnani deodar in hindi and urdu). While the commentators of the Quran and Ahadith consider it *Zizyphus mauritiana* (ber or beri). As there exists difference of opinions, therefore, it needs further investigation.

DISCUSSION

Fruits have highly beneficial natural effect on the human system. Taking of fruits or fruit juice is the most pleasant way of hydrating the organism. The water absorbed by sick persons in this manner has an added advantage of supplying sugar and minerals at the same time. Clinical observations have shown that potassium, magnesium and sodium contents of the fruit act as a diuretic and diuresis-frequency of urination is considerably increased when fruits and fruit juices are taken. They lower the urine density and thereby accelerate the elimination of nitrogenous waste and chlorides. Fruits furnish minerals to the body. Dried fruits such as apricots, raisins and dates are rich in calcium and iron. These minerals are essential for strong bones and good blood respectively. The fibrous matter in fruits, cellulose, aids in the smooth passage of the food in the digestive tract and easy bowel action. The sugars and organic acids contained in fruits also increase their laxative effect. Hence, regular use of fruits prevents and cures constipation [2].

Cure of diseases through medicinal plants is always a salient feature of Islamic teaching and preaching. Islamic medicine started from Hazrat Adam (Alayhi Salam) and was completed at Hazrat Muhammad (Sallallahu Alayhi Wasallam) but search and compiling of these medicines is still continued through out the world [16]. The Holy Quran is the eternal and everlasting basis of Islam. It contains signs and verses which have been leading people of different ages and of different academics and intellectual background to believe in Islam. The Holy Quran from the very start has a claim that it covers every aspect of life and is full of wisdom. It speaks "We have neglected nothing in the Book" [17].

Imam Ahmed narrated that Usamah bin Shuraik (Radiallahu Anhum) said: "I was with the Prophet (Sallallahu Alayhi Wasallam) when the Bedouins came to him and said 'O messenger of Allah, should we seek medicine?' He said, 'Yes, O slaves of Allah seek medicine, for Allah has not created a disease except that he has also created its cure, except for one illness' they said 'And

what is that? Prophet Muhammad (Sallallahu Alayhi Wasallam) said 'Old age' [12].

Citrullus lanatus (water melon-bittikh) has many references in Ahadith. Hazrat Abdullah Bin Abbas (Radiyallahu Anhum) narrates that Rasulullah (Sallallahu Alayhi Wasallam) said, "Water melon is a diet as well as drink. It washes and purifies the urinary bladder. It increases the sexual power [8].

Sahl bin S'ad Al-S'adi (Radiyallahu Anhu) Narrates that Rasulullah (Sallallahu Alayhi Wasallam) ate ripe date with water melon [Ibne Maja, Tirmizi (Ghaznavi, 1991)]. In Tirmidhi and other narrations, in explaining this, Sayyidina Rasoolullah sallallahu alaihe wasallam also said, "The cold effect of one removes the heat of the other and the heat of one removes the cold effect of the other." [12, 14].

The seed of *Citrullus lanatus* (Water melon-battikh) is demulcent, diuretic, pectoral and tonic. It is sometimes used in the treatment of the urinary passages and has been used to treat bed wetting. It is a good vermifuge and has a hypotensive action. A fatty oil in the seed, as well as aqueous or alcoholic extracts, paralyze tapeworms and roundworms. The fruit, eaten when fully ripe or even when almost putrid, is used as a febrifuge. It is diuretic, being effective in the treatment of dropsy and renal stones. It contains the substance lycopine (which is also found in the skins of tomatoes). This substance has been shown to protect the body from heart attacks. The rind of the fruit is prescribed in cases of alcoholic poisoning and diabetes [18].

Cucumis sativus (Cucumber-qitta') is another plant that has many references in Holy Qur'an and Ahadith. The ripe cucumbers dispel heat and are diuretic. Eating dates with green cucumber is said to cause weight gain [18].

Narrated Aisha, Ummul Mu'minin (Radiyallahu Anha): My mother intended to make me fat to send me to the (house of) the Apostle of Allah (Sallallahu Alayhi Wasallam). But nothing which she desired benefited me till she gave me cucumber with fresh dates to eat. Then I became fat as she desired [9].

The seed is cooling, diuretic, tonic and vermifuge. 25-50 grams of the thoroughly ground seeds (including the seed coat) is a standard dose as a vermifuge and usually needs to be followed by a purgative to expel the worms from the body. A decoction of the root is diuretic [9].

It is believed that cucumber helps in reducing swelling around the eyes or the big dark circles under your eyes. This is world-wide treatment which is being used to its maximum extent.

Cydonia oblonga (Quince-safarjal) is said that to eat quince on an empty stomach is good for the soul. Cold and dry, quince is astringent to the stomach and it checks excessive menstrual flow. A few seeds placed in water will, after a few minutes, form mucilage which is an excellent remedy for cough and sore throat, especially in the young. Quince is also excellent for pregnant women, gladdening their hearts. The Holy Prophet (Sallallahu Alayhi Wassallam) said, "Eat quince, for it sweetens the heart. For Allah has sent no prophet as His messenger without feeding him on the quince of Paradise. For quince increases the strength up to that of forty men." [18].

The fruit is antivenous, astringent, cardiac, carminative, digestive, diuretic, emollient, expectorant, pectoral, peptic, refrigerant, restorative, stimulant and tonic. The unripe fruit is very astringent, a syrup made from it is used in the treatment of diarrhoea and is particularly safe for children. The fruit and its juice, can be used as a mouthwash or gargle to treat mouth ulcers, gum problems and sore throats.

The leaves contain tannin and pectin. Tannin can be used as an astringent whilst pectin has a beneficial effect on the circulatory system and helps to reduce blood pressure [18].

Ficus carica (Fig-teen) In the first Qur'anic verses in Sura al Teen, the medicinal advantages of the fig are discussed-the Qur'an says: "I swear by the Fig and the Olive" (Sura no. 95: verse no. 1). Fig plant is one of the only five plants mentioned in the Quraan, along with olives, grapes, pomegranate and dates. Hadith literature provide us with an event related to the fig: According to Abu Darda (Radiallaho Anhu) someone presented figs to the prophet Muhammed (God's blessing and peace be upon him) and he began distributing it among his followers. He said: "Eat it as it cures various diseases". According to Ibn Seereen, a scholar in the science of dreams, figs, if seen in dreams, denote wealth and prosperity. The benefits I have restricted myself to mentioning here is an indication of the compassion, Allah feels for human beings [19].

The fruit is mildly laxative, demulcent, digestive and pectoral. The unripe green fruits are cooked with other foods as a galactagogue and tonic. The roasted fruit is emollient and used as a poultice in the treatment of gumboils, dental abscesses etc. The fruit is often dried for later use and this dried fruit is a major item of commerce. Syrup of figs, made from the fruit, is a well-known and effective gentle laxative that is also suitable for the young and very old. Wood-pliable but porous and of little value. It is used for hoops, garlands, ornaments etc. When

saturated with oil and covered with emery is used as a substitute for a hone [18]. .

Olea europea (Olive-zaytun) is another plant that has many references in Holy Quran and Ahadith. Almighty Allah has said, "By the Fig and Olive; By Mount Sinai and By this land which is made safe. Surely we created man of the best stature" [17]. In Ahadith it is said that "eat the olive oil and applied it on the body, it is cure of seventy diseases". The saying of Holy Prophet (Sallallahu Alayhi Wasallam) about medicines are spread over 200 books in the world [9].

No doubt, the "Olive" is a very useful tree. Its name has been mentioned in most of the holy books like "Tourat" and "Injeel". This tree is found in Syria and its bordering countries as well as in some parts of the world. A renowned scholar Shabir Ahmad Usmani states that since the trees of Olive and Fig have many advantages, they have some thing common with biology of man. So the creator has mentioned the names of Man, Fig and Olive together in the Quran. In this context, the holy Prophet (PBUH) has said: "Use the Olive Oil in your meals and also use it for massage. For this Oil is obtained from a tree full of blessings". It is so remarkable that the Holy Prophet (PBUH) had stressed the use of Olive Oil and the recent medical research has proved that the substitution of saturated fats with unsaturated fats lowers the serum cholesterol level, due to the direct cholesterol lowering effects of unsaturated fats. Other workers have also noted that unsaturated oil (including olive oil) has more beneficial potential than the saturated vegetable oil and butter fat. Furthermore, among the unsaturated edible oils, olive oil is more beneficial than corn oil as regards the serum lipid profile. Considerable evidence has led to the suggestion that a diet high in olive oil is particularly beneficial with regard to increasing high density lipoprotein cholesterol (HDL) levels which is a protective agent against atherosclerosis and ischemic heart disease. Many workers have proved that increased intake of olive oil increased HDL level. The function of HDL is to pick up the cholesterol from periphery and to take it to the liver and to excrete it through bile. Now a days olive oil is advised by the physicians in cases of stroke, hemiplegia and paraplegia [17]. The massage of olive oil over the body tones up the muscles and organs, it relieves muscular pains. It relieves the Sciatic and arthritis. It is a good Diuretic, hence is used in Ascites. It also removes the kidney stones. [12].

Phoenix dactylifera (Date-Nahal) The date palm is playing an important role in the history of mankind. Its importance and versatility are borne out by the fact that

this fruit and its blessed palm find mention in the Holy Quran more than 20 times. Starting with verse 23, there are three references to it in Sura Maryam alone. Verse 25 and a part of verse 26 of Maryam read as: “*And shake towards thyself the trunk of the date palm tree, it will let fall fresh ripe dates upon thee (25). So eat and drink and cool your eyes (26).*”

This verse has a tremendous scientific significance as dates are reported to yield three times more energy than cereals. [20].

Experiments have also shown that dates contain some stimulants that strengthen the muscles of the uterus in the last months of pregnancy. This helps the dilation of the uterus at the time of delivery on one hand and reduces the bleeding after delivery on the other. Dieticians consider dates as the best food for women in confinement and those who are breast-feeding. This is because dates contain elements that assist in alleviating depression in mothers and enriching the breast-milk with all the elements needed to make the child healthy and resistant to disease. The Prophet (Sallallahu Alayhi Wasallam) has emphasized the importance of dates and their effectiveness in the growth of the fetus. He has also recommended they be given to women [12].

Modern dietary institute now recommends dates to be given to children suffering from a nervous nature or hyperactivity. The Prophet (Sallallahu Alayhi Wasallam) has also recommended dates as a medicine for heart troubles. Modern science has also proved the effectiveness of date, in preventing diseases of the respiratory system.

Dates are also important in keeping up the health of eyes. It is quite effective in guarding against night-blindness. In the early years of Islam, dates served as food for Muslim warriors. They used to carry them in special bags hung at their sides. They are the best stimulant for muscles and so the best food for a warrior about to engage in battle [12].

Punica granatum (Pomegranate-rumman) is a good food and a medicine of great value. It is a tonic for heart patients, highly efficacious in the inflammation of the stomach and effective to check heart pain. The juice of the fruit is an excellent cooling beverage and allays thirst. It acts as a good medicine for both diarrhea and dysentery. For many ailments such as colitis, anemia, jaundice, high blood pressure, piles and arthritis, its juice is an effective medicine. When given with honey, it reduces biliousness. Pomegranate fruit is also prescribed in many disorders under the Homeopathic medicine system.

The rind of the pomegranate fruit is greatly responsible for its good keeping quality. The fruit can be kept for up to six months [12].

All parts of the plant contain unusual alkaloids, known as 'pelletierines', which paralyse tapeworms so that they are easily expelled from the body by using a laxative. The fruit is a mild astringent and refrigerant in some fevers and especially in biliousness. It is also cardiac and stomachic. The dried rind of the fruit is used in the treatment of amoebic dysentery, diarrhea etc. It is a specific remedy for tapeworm infestation [18].

Miswak (tooth brush) is one of the products of *Salvadora persica* as mentioned in its ethnobotanical uses. The use of Miswak is one of the sunnah of the Holy Prophet (Sallallahu Alayhi Wasallam). The Prophet (Sallallahu Alayhi Wasallam) himself used it frequently at various occasions such as when entering and leaving the home, reciting the Holy Qur'an, before and after sleeping, on Friday, when Fasting and before every prayer. Abu Hurairah (R) narrates that Rasulullah (Sallallahu Alayhi Wasallam) said: 'Was it not for my fear of imposing a difficulty on my Ummah I would have ordered that the Miswaak be used for every Salaat [10].

The dentists and gastro-entriologists agree that oral hygiene helps in the prevention of most of the diseases of oral cavity and gastro-intestinal tract (GIT). According to the report of the research done in Cape Town S. Africa Miswak contains large amount of tannic acid (Tannins). The tannins prevent the adherence of the bacteria to the teeth. It is an established fact that *Streptococcus viridans* attacking the heart valves and damaging them come from the mouth. So the use of Miswak is a preventive measure against many diseases of the teeth, G.I.T. and heart [17].

The research conducted recently by dentist Almas K. proved that Chlorhexidine gluconate CHX 0.2% and miswak extract 50 % had a similar effect on dentin in the control group. “Bacterial plaque is solely responsible for the initiation and progression of periodontal diseases. There different mechanical and chemical methods available for the maintenance of oral health through plaque control. Tooth brushes and miswak (chewing sticks) are widely used for the mechanical removal of plaque. Chlorhexidine gluconate (CHX) is one the best-proven anti plaque agents.

It is said that CHX 0.2% and miswak extract 50% had similar effect on dentin in the control group. Miswak extract removed more smear layer as compared to CHX. Further research is needed in vivo to compare the effects of CHX and miswak extract on periodontally involved teeth and teeth with dentinal hypersensitivity” [21].

The dried fruits of grapes (*Vitis vinifera*) are the raisins, sultanas and currants of commerce. Different varieties producing the different types of dried fruit. Grapes are a nourishing and slightly laxative fruit that can support the body through illness, especially of the gastrointestinal tract and liver. Because the nutrient content of grapes is close to that of blood plasma, grape fasts are recommended for detoxification.

The fresh fruit is antilithic, constructive, cooling, diuretic and strengthening. A period of time on a diet based entirely on the fruit is especially recommended in the treatment of torpid liver or sluggish biliary function. The fruit is also helpful in the treatment of varicose veins, haemorrhoids and capillary fragility. The dried fruit is demulcent, cooling, mildly expectorant, laxative and stomachic. [18]. Dried grapes (raisins) were ranked second in scientific tests to identify the most antioxidant rich fruits and vegetables. On this basis, raisins have to be an excellent 'protective-value-for-money' choice. Interestingly, recent tests on the anti-oxidant effectiveness of various commercial fruit put fresh red grapes at number six in anti-oxidant effectiveness against damaging oxidative processes in cells [22].

The fruit of Indian lote tree (*Zizyphus mauritiana*) is very useful for human beings. It is eaten in fresh and dried form in Pakistan.

Muhammad Ahmad Zahbi (Rahmat ullah Alayhi) narrates the following hadith: "The first fruit eaten by Hazrat Adam (Alayhi Sallam) after His descent on the earth, was the fruit of the *Zizyphus*" [14].

Hazrat Abdullah bin Abbas (Radiallahu Anhu) narrates that Rasulullah (Sallallahu Alayhi Wasallam) said, Wash (pointing towards a person who died at Arafat) him with water and leaves of sidar [8].

Ibn Al-Qaeem considers its fruit very useful for the treatment of diarrhea and weakness of the stomach [9].

The folkmedicinal uses of *Zizyphus mauritiana* in Pakistan are: the leaves are useful to treat scabies and other skin diseases. Fruits are mucilaginous, pectoral styptic, considered to purify blood and improve digestion. These are cooling, astringent and useful in bilious affections [23].

It is concluded that herbal medicines are being widely used in the world because of better cultural accept ability, least injurious with none or much reduced side effects.

REFERENCES

1. Anonymous, 2009. The Importance of Having Fruits in our Diet. Available at: <http://www.asianonlinerecipes.com/health-fitness/importance-fruits-diet.php>. Accessed January 23, 2009.
2. Hopkins, S., 2006. Importance Of Fruits In Diet. Available at: <http://www.home-remedies-for-you.com/>
3. Malik, H.M.A., 2001. Treatment Through Herbs. In: Medicinal Plants of Pakistan, pp: 21.
4. Nasreen, U. and M.A. Khan, 2001. Some Problematical Medicinal Plants of Pakistan, pp: 117.
5. Al-Hilali, M.T. and M.M. Khan, 1985. The Noble Quran: English Translation of the meaning and commentary. King Fahd Complex for the printing of Holy Quran. Madinah, K.S.A., pp: 13.
6. Anonymous, 2009. Food of the Prophet (Sallallahu Alayhi Wasallam). Dar-ul-Iman healing. Available at: http://chishtti.org/foods_of_the_prophet.htm. Accessed March 23, 2009.
7. Ghaznavi, K., 1991. Tibb-e-Nabvi and Modern science. Al-Faisal Nasheeran Wa Tajeeran-e-Kutab. Urdu Bazar Lahore, Pakistan, 1: 50, 334.
8. Farooqi, I., 1998. Ahadith Mein Mazkoor Nabatat, Adwiya Aur Ghizain. Ilm-o-Irfan Pulishers, 9-lower Mall, Aqab Mian Market, Urdu Bazar Lahore, pp: 151-152, 168.
9. Ghaznavi, K., 2000. Tib-i-Nabvi and Modern science. Al-Faisal Nashiran Wa Tajjiran- i-Kutab. Urdu Bazar Lahore, Pakistan. 2: 276, 321.
10. Al-jozi (Al-Jawzyiyya), Ibn-al-Qayyim. (Tibb-Nabbi Arabic) Almaktaba Al-Saudia (Trans.Urdu by A'zami A.R. and M.M. Ahmad., 1985. Tibb-Nabvi. Kutab Khana Shan-e-Islam. Rahat Market Urdu Bazar Lhore. P. 379.
11. Ali, A.Y., 1989. The Holy Qur'an: English Translation of the meaning and commentary. King Fahd Complex for the printing of Holy Quran. Madinah, K.S.A. , pp: 1016.
12. Al-Qadr, 2007. Prophetic medicine. Available at: <http://www.ummah.com/forum/showthread.php>. Accessed March 20, 2009.
13. A'zami, M.Z.B., 1985. Tafheem Al-Bukhari urdu translation of Al-Sahih Al-Bukhari. Dar-ul-Isha't. Maulavi Musafir Khana, Urdu Bazar Karachi, 1: 426, 869.
14. Chughtai, T.M., 2000. Nabatat-e-Qurani Aur Jadid Science. Dar-ul-Isha't. Urdu Bazar Karachi, pp: 101, 449.
15. Farooqi, I., 1992. Plants of the Qu'an (Urdu Nabatat-e-Qur'an). Sheikh Muhammad Bashir and Sons. Jalalud Din Hospatal, Urdu Bazar, Lahore, pp: 64-76.
16. Nasr, S.H., 1976. Islamic Science-An illustrated study. Westerham press, Ltd., Westerham, Kent (England), pp: 15.

17. Khan, A.S, M.A. Khan, H.A. Din, H.U. Khan and M. Tayyab, 1994. Some Scientific Facets of Quran and Sunnah (of the Prophet Muhammad, Peace Be Upon Him) in The Field of Medicine. Pak. J. Health. 31(3-40): 7-10.
18. Plants For a Future, 2008. Edible, medicinal and useful plants for healthier world. Available at: <http://www.pfaf.org/database/plants.php?> Accessed November 16, 2008.
19. Borhany, Q.S.A., 2005. Fig: the medicinal fruit of the Quraan. Yemen Times. Issue: (883), Volume14. Available at: <http://www.yementimes.com/article.shtml>. Accessed January 31, 2009.
20. Masood, A., 2000. Dates In: Pakistan Pictorial. Directorate General of Films and Publication. Ministry of Information and Media Development, Govt. of Pakistan, Islamabad, pp: 43-46.
21. Almas, K., 2000. The Effect of *Salvadora persica* (Miswak) and Chlorhexidine Gluconate Human Dentin: A SEM Study. J. Ontemp Dent Pract., 3: 27-35.
22. Natural Food-Fruit, 2009. Fruit Western People Commonly or Occasionally Eat. Available at: http://www.naturalhub.com/natural_food_guide_fruit_common.htm Accessed January 23, 2009.
23. Arshad, M. and A. Rao, 2001. Medicinal Plants of Cholistan Desert In: Medicinal Plants of Pakistan. P.I.
24. Kolesnik, A.A., T.A. Kakhniashvili, Yu. L. Zherebin, V.N. Golubev and L.N. Pilipenko, 1986. Lipids of the fruit of *Ficus carica*. Journal of Chemistry of Natural Compounds. Springer New York, pp: 394-397.
25. Vaya, J. and S. Mahmood, 2006. Flavonoid content in leaf extracts of the fig (*Ficus carica* L.), carob (*Ceratonia siliqua* L.) and pistachio (*Pistacia lentiscus* L.) Journal BioFactors. 28(3-4): 169-175.
26. Katzer, G., 2008. Gernot Katzer's Spice Pages. http://www.uni-graz.at/~katzer/engl/Olea_eur.html#orig
27. Anonymous, 2009. Natural Health. Herbal Educator. Saudi Arabia, Available at: http://www.herbaeducator.com/natural_saudiherbs.html. Accessed March 23, 2009.
28. Shukla, M., K. Gupta, Z. Rasheed, K.A. Khan and T.M Haqqi, 2008. Bioavailable constituents/metabolites of pomegranate (*Punica granatum* L) preferentially inhibit COX2 activity *ex vivo* and IL-1beta-induced PGE₂ production in human chondrocytes *in vitro*. Journal of Inflammation London, England. <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=2438359>
29. Almas, K. and N.H. Al-Bagieh, 1999. The antimicrobial effects of bark and pulp Extracts of miswak, *Salvadora persica*. Biomedical Letters 60. The Faculty Press 88 Regent Street, Cambridge, Great Britain. P. 71.
30. Alves, R.J.V., A.V. Pinto, A.V.M da Costa, C.M. Rezende, 2005. *Zizyphus mauritiana* Lam. (Rhamnaceae) and the chemical composition of its floral fecal odor. *J. Brazilian Chem. Soc.* no.3B
31. A.K.Singh, A.K., M.B. Pandey and V.P.Singh, 2007. Mauritine-K, A new antifungal cyclopeptide alkaloid from *Zizyphus mauritiana*. J. Ind. Chemic. Soc., 84(8): 781-784

Table 1: Phytogeography and Chemical constituents of Fruits

Botanical names	Distribution in world	Flowering Period	Chemical constituents
1. <i>Citrullus lanatus</i>	Native of the Kalahari region, cultivated throughout Tropics	Jan-May	Fruit contains citrullin, carotene and pectin. Vitamin C, Nacin, Riboflavin, Thiamine, minerals also present Juice also contains alenine, arginine, glutamic acid, glycine, leucine and valine. Sucrose is the major sugar present. A honey like syrup is prepared from juice [8].
2. <i>Cucumis sativus</i>	Cultivated throughout the tropical and subtropical countries of the world.	Almost through out the year	Fruit contains enzyme erepsin, proteolytic enzymes, ascorbic acid, oxidase, succinic acid and malic dehydrogenases. Odorous constituents also present. Iron, Vit. B1 also present. Seeds contain fatty oil with 40% linoleic acid and 38% oleic acid [8].
3. <i>Cydonia oblonga</i>	S. Europe-Mediterranean. Ei; Europe; France; Iraq; Jerusalem; Spain; Turkey; Us.	April-May	Fruit contains glucoside, malic acid, tartaric acid, uronic acid. Seed kernel contains amygdalin tannin and mucilage, 19% fixed oil containing 42% oleic acid, 40% linoleic acid. Mucilage is composed of 33% larabinose, uronic acid and xylose [8].
4. <i>Ficus carica</i>	Mediterranean Region and S.W.Asia.: Afghanistan; Pakistan and India. Australia; Senegal; South Africa; Spain; Turkey; Us; Venezuela	Feb.-Mar.	Fruits contains pentose, amino acid, tyrosin, enzyme, cravin, lipase, protease and sugar. By chromatographic methods, about 30 groups of various lipid compounds belonging to the classes of neutral lipids, glycolipids and phospholipids have been identified from the fruit of the fig tree. The main groups are triacylglycerols, free and esterified sterols, mono-and digalactosyldiglycerides, ceramide oligosides, cerebrosides, esterified sterol glycosides and phosphatidylglycerols. In the fatty acid composition, linoleic, linolenic, oleic and palmitic acids predominated (>90%) [24]. It was found that the major flavonoids in Ficus are quercetin and luteolin [25].
5. <i>Olea europea</i>	Afghanistan, Pakistan and Kashmir	April-May	In leaves and fruits of the olive tree, a phenolic seco-iridoid called oleuropein is found; it is the hypotensive principle. The mesocarp (of fruit) contains about 55% of oil. Olive oil is composed, like all vegetable oils of fatty acids bound to the alcohol glycerol. Typically, the following fatty acids are found in olive oil: 66% oleic acid, 12% linoleic acid, 9% palmitic acid, 5% eicosenoic acid and 5% palmitoleic acid. Olive oil may contain up to 1.5% of an acyclic triterpene hydrocarbon, squalene. The desired flavour of olive oil is dominated by aldehydes (hexanal and 2-hexenal). Furthermore, higher aldehydes, primary alcohols (mainly C6 compounds like hexanol, 2-hexene-1-ol, 3-hexene-1-ol) and their acetic acid esters contribute to the characteristic olive oil aroma. Lastly, hemiterpenoid volatiles were found (3-methyl butanal, 4-methoxy-2-methyl-butanethiol, ethyl esters of 2-and 3-methyl butyric acid). The flavour components, however, depend on variety and geographic origin of the oil [26].
6. <i>Phoenix dactylifera</i>	N.Africa, India (Rajistan, Maharashter), Iraq, S.Arabia, Pakistan.	Mar-April	Vitamin A, B, C, pectin, sugars in fruit Oxalic acid from seeds (stones) [8]. When dates are mature, they contain reasonable amounts of vitamins A, B1, B2 and niacin. Dates are a good source of potassium, calcium and iron and also contain chlorine, copper, magnesium, sulphur and phosphorous. The sugar content of ripe dates is about 80%; the remainder consists of protein, fat and mineral products including copper, sulphur, iron, magnesium and fluoric acid. Dates are high in fiber and an excellent source of potassium [27]. Sugars, Vit. C and Iron from fruit juice. Tannic acid from rind. Alkaloid pelletierine from bark [8].
7. <i>Punica granatum</i>	S.E. Europe to E. Asia-Himalayas. (China; Egypt; Ethiopia; Europe; India; Iraq; Israel; Java; Malaya; Mexico; Kurdistan; Peru; Spain; Turkey; Us; Venezuela)	April-July	The major class of phytochemical present in pomegranate is the polyphenols and includes flavonoids, condensed tannins and hydrolysable tannins. Hydrolysable tannins are predominant polyphenols found in pomegranate juice and account for 92% of its antioxidant activity. Pomegranate seeds are rich in sugars, polyunsaturated (n-3) fatty acids, vitamins, polysaccharides, polyphenols and minerals and have high antioxidant activity. When crushed and dried, the seeds produce an oil with 80% puniic acid, the 18-carbon fatty acid, along with the isoflavone genistein, the phytoestrogen coumestrol and the sex steroid estrone. The seed coat of the fruit contains delphinidin-3-glucoside, delphinidin-3,5-diglucoside, cyanidin-3-glucoside, cyanidin-3,5-diglucoside, pelargonidin-3-glucoside and pelargonidin-3,5-diglucoside with delphinidin-3,5-diglucoside being the major anthocyanin in pomegranate juice[28].
8. <i>Salvadora persica</i>	Pakistan, India and Arabia.	March-June.	Root and twigs contain alkaloid trimethyl amine, inorganic salts. Resin and tannin [8]. They contain salvadorine, chlorides, fluorides in large amount, silica, sulphur, Vit. C and small quantities of tannins, saponins, flavenoids and sterol [29].
9. <i>Vitis vinifera</i>	France, Germany, Spain, Pakistan and India	May-July	Fruits contain oxalic acid, malic acid, tartaric acid and racemic acid. High percentage of sugar is present in fruits. Vit. B, carotene, Vit. P, also present. Vit. P is responsible for checking the bleeding. Invertase, hexodinase, catalase, ascorbic acid oxidase and peroxidase also reported [8].
10. <i>Zizyphus mauriiana</i>	India, Ceylon, Pakistan, Afghanistan, China, Australia, Trop. Africa.	July-Sept.	Sugars and vitamins [8].When in blossom, Zizyphus mauritiana, emanates a strong fecal odour. The substances responsible for this scent were analysed, which showed benzaldehyde as major constituent. Minor benzenoids, aliphatic carboxylic acids, aldehydes, hydrocarbons and oxygenated monoterpenes were also observed. It was also found that skatole (3-methyl-indole) is responsible for the fecal odour and vanillin for the sweet odour [30]. The cyclopeptide alkaloids, mauritine-K and sativanine-K have been isolated from the root bark of Zizyphus mauritiana and their structures established by spectral and chemical evidences. Mauritine-K is a new cyclopeptide alkaloid and sativanine-K is the first report from Z. mauritiana. Mauritine-K exhibited significant antifungal activity [31].