

Useful Medicinal Flora Enlisted in Holy Quran and Ahadith

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Abstract: The present research work is a part of check list of medicinal flora and their uses enlisted in Holy Quran, Ahadith and Islamic literature. The main aim of this study is to establish how the different parts or aspects of plant based Islamic medicines (Tibb) such as use of medicinal plants, health principle, hygiene, practice, thought and culture when taken together, demonstrate both wholeness as a system and systematic nature of plant based Islamic medicines. In view of the importance of this study comprehensive and detailed data was systematically collected from Holy Quran, Ahadith's books, Islamic history and books written on the Islamic medicines. Present findings confined to 32 medicinal plants species belonging to 30 genera of 23 families of plant kingdom. Results were systematically arranged by alphabetic order of botanical names followed by English name, Arabic name, family, habit and habitat, distribution, part used, medicinal uses and references cited from Holy Quran, Ahadith and Islamic books. It is concluded that herbal medicines are being used by about 80% of the world population, mainly developing countries for primary health care because of better cultural acceptability, better compatibility with human body and lesser side effects. It is recommended that plant based industries should be developed in the light of Islamic teaching and research.

Key words: Medicinal flora • Checklist • Uses • Holy Quran and Ahadith

INTRODUCITON

Cure of diseases through medicinal plants is always a salient feature of Islamic teaching and preaching. Islamic medicine started from Hazrat Adam (Alaihe Salaam.) and was completed at Hazrat Muhammad (Sallallahu Alaihe Wasallaam) but search and compiling of these medicine is still continued after the death of Holy Prophet Muhammad (Sallallahu Alaihe Wasallaam) through out the world. Al-Quran is one of the best reference book describing the importance of plants in different Surahs as in Al-Momeenoon, Al-Rehman, Al-Bakra and Al-Inaam. Our Holy Prophet (Sallallahu Alaihe Wasallaam) used and recommended medicinal plants for various ailments and food [1].

The history of Islamic medicine started form second century of Hijra, Abdul Malik Bin Habib Undlasi compiled his first book "Tib-e-Nabvi". In third century of Hijra Muhammad Bin Abu Bakar Ibne Ulsani and Abu Naem Isphani compiled their books on this topic. In the same era other Muslim scholars like Ali bin Mossa Raza and Imam Kazim Bin Jaffar also worked on Islamic medicines. In the fourth century of Hijra Muslims Scholars like Abi Jaffar

Almustaghfiri, Zia uddin Almukadasi, Shams uddin Albali, Kahal ibne Tarkhan, Muhammad bin Ahmed Zahabi, Muhammad Abu Baker Alkaim, Jalal uddin Alseuoti and Abdul Razzaq Bin Mustafa Altanki did a great work in this field. The books written in this era "Alnabvi fee Mannafal Makalat" by Abdul Razzaq Altanki is a good one. The other book which is best and still available is "Kanzulamal Fee Sanan Walakwal" also provide us much more information about medicines of Holy Prophet (Sallallahu Alaihe Wasallaam) [2].

The climax of Islamic medicines started from Abu Bin Zakria Alrazi. He wrote his famous book "Haddi Kabeer" while the book "Kamal-ul-Sannat" by Ali Bin Abbas is also a good one [3] These medicinal plants continue to be extensively used as major source of drugs for the treatment of many ailments. There is now growing awareness to encourage indigenous production and processing of these plants used in different cultures and religious. Present investigation does not mean that the plant and plant parts which are described in Holy Quran for medicinal purposes but described for other purposes. But in this study emphasis was on medicinal uses as used in different cultures, traditions and religions. In this

research medicinal uses of these plants are experience of different communities of world. Holy Quran is considered to be the reference for the citation of these plants. Honey which is the product of different plant species is described for medicinal purpose in the Holy Quran. Keeping in view the importance of diverse medicinal flora and rich medicinal culture of Islam, research work was conducted to prepare checklist, investigate medicinal uses and create awareness about the medicinal flora enlisted in Holy Quran, Ahadith, Islamic literature and culture for the welfare of human communities throughout the world.

MATERIALS AND METHODS

The research work was conducted by reviewing the most acceptable literature given in Holy Quran, Ahadith and Islamic books. Comprehensive and detailed information about medicinal plants were collected from these sources. The notation given in the Islamic books were also cited and confirmed from Holy Quran and Ahadith. Check list and medicinal inventory of plants was arranged in systematic order of botanical names in

alphabetic order followed by English name, Arabic name, family, habit and distribution, 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 of available literature [4-8]. Correct botanical nomenclature was also confirmed by comparing with already known specimens of herbarium of Quaid-i-Azam Univeristy, Islamabad-Pakistan.

RESULTS

Present findings were confined to 32 plant species belonging to 30 genera of 23 families enlisted in Holy Quran, Ahadith and Islamic literature. These plants are not only used in Islamic countries but also throughout the world for various aspects such as medicinal, food and industrial products. Data inventory constitute botanical name, English name, local names, Arabic name, family, habit and distribution; parts used, medicinal uses and references cited from Holy Quran, Ahadith and Islamic books.

1. *Acorus calamus* L.

English Name:	Sweet flag
Local Name:	Zareea
Arabic Name:	Zareera, Oudulwaj
Family:	Acoraceae
Habit and Habitat:	Perennial herb found in marshy places and along riverbanks.
Distribution:	N. and C. America, Europe, Asia.
Part used:	Roots
Medicinal uses:	Eye diseases, stomach pain, liver and intestinal disorder, heart diseases, conception, eczema, paralysis, asthma, hysteria, madness, malaria and arthritis

References from Ahadith

- Bukhari (Ravia: Hazrat Ayesha Siddiqah) Kitabul-libas [9].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

2. *Agaricus campestris* L.

English Name:	Mushroom
Local Name:	Khunbii
Arabic Name:	Esh El-Ghorab
Family:	Agaricaceae
Habit and Habitat:	Fleshy fungus found in terrestrial and moist habitat.
Distribution:	Cosmopolitan
Part used:	Whole part
Medicinal uses:	Eye diseases, clear eyes, physical strength, germicide, arthritis, paralysis, parkensis, muscle pain, headache and dizziness

References from Ahadith

- Bukhari (Ravi: Saeed Bin Zaid) [9].
- Sahih-Al-Muslim. Ravi: Saeed bin Zaid. Kitabul Ashraba [12].
- Ibne-Majja. Ravi: Saeed Bin Zaid [11].

3. *Allium cepa* L.

English Name:	Onion
Local Name:	Piaz
Arabic Name:	Basal
Family:	Alliaceae
Habit and Habitat:	Cultivated annual herb
Distribution:	Pakistan, India, China, Russia, America and European countries
Part used:	Bulb, leaves and seeds.
Medicinal uses:	Antidote, Stomach diseases, cholera, Diarrhoea, throat infection, common cold, cough, fever, influenza, ear pain, improve sperm production, clear face and skin spots, appetizer, headache, hepatitis, piles, eye diseases, baldness, constipation, menstruation and intestinal diseases.

References from Holy Qurn Verse #. 68, Surah Baqra [13]

References from Ahadith

- Bukhari (Ravi: Jabir bin Abdullah) Kitabut-Tib [9]
- Muslim (Ravi: Jabir Bin Abdullah) Chap. Abwab ul Attamah [12].
- Ibne Maja (Ravi: Mahdan Bin Abu Talah) [11]
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10]

4. *Allium sativum* L.

English Name:	Garlic
Local Name:	Lahson
Arabic Name:	Soom
Family:	Alliaceae
Habit and Habitat:	Annual cultivated erect herb
Distribution:	Egypt, Italy, France, Pakistan, China, India and USA
Part used:	Bulb
Medicinal uses:	Antidote, wound healer, dog bite, paralysis, digestive problems asthma, parkensis, intestinal pain worms, cough, hysteria, headache, tuberculosis.

References from Holy Quran Verse #. 61, Surah Baqra [13].

References from Ahadith

- Bukhari (Ravi: Hazrat Anas), Kitab ul Tamaih [9]
- Muslim (Ravi: Abu Ayub) [12].
- Ibne Majja (Ravi: Umer bin Alkhitab) [11].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10]

5. *Beta vulgaris* L.

English Name:	Beet roots
Local Name:	Choqandar
Arabic Name:	Silq, banjar
Family:	Chenopodiaceae
Habit and Habitat:	Annual or perennial cultivated vegetable.
Distribution:	India, North Africa, Europe, Ireland and Pakistan
Part used:	Roots and leaves
Medicinal uses:	Eczema, baldness, liver infection, muscle weakness, skin disease, hepatitis, arthritis, kidney pain, headache, womb diseases and vaginal pain

References from Ahadith

- Bukhari. Ravi: Sahal bin Sahad. Kitabul-Athama [9].
- Ibne Majja. Kitabut-Tib [11].

6. *Boswellia carterii* Birdw.

English Name:	Indian frankincense
Local Name:	Lobban
Arabic Name:	Leeban
Family:	Buseraceae
Habit and Habitat:	Tree
Distribution:	Somalia, Ethiopia, Oman, Yemen
Part used:	Gum of stem
Medicinal uses:	Germicide, stomach pain, wound healer, throat swelling and infection, eczema, cough, tuberculosis, arthritis and insecticide.

References from Ahadith

- Al-Jozi (Aljawziyya), Ibn-ul Qayyim, Tibb-e-Nabvi [10].
- Baihaqi [14]

7. *Boswellia serrata* Birdw.

English Name:	Frankincense
Local Name:	Gogle
Arabic Name:	Kundur
Family:	Buseraceae
Habit and Habitat:	An armed shrub or tree common on stony grounds and hillocks.
Distribution:	India and Pakistan
Part used:	Gum of stem
Medicinal uses:	Increase memory, clear urine, diarrhea, oral wounds, tongue infection, throat diseases, piles, clear the blood blocking, lungs infections, testes and anus swelling, and baldness.

References from Ahadith

- Tibe-Nabvi and Jadeed Science(Ravi: Ans Bin Malik (R.A) [2].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim, Tibb-e-Nabvi [15].

8. *Cassia senna* L.

English Name:	Senna
Local Name:	Sana, sanamakki
Arabic Name:	Sanamakki
Family:	Caesalpiniaceae
Habit and Habitat:	A perennial herbaceous plant usually found on sandy grounds.
Distribution:	Pakistan, India, Algeria, Libya, Egypt, Sudan, Eriteria, Somalia Republic, Saudi Arabia, Kenya and Mozambique
Part used:	Leaves and fruit
Medicinal uses:	Cold effect on body, intestinal pain, remove the poisonous material from stomach, piles, waist pain, arthritis and eczema. Plant is also used as laxative and stimulant.

References from Ahadith

- Ibne Majja (Ravi: Abu bin Um-e-Haram) [11].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

9. *Cichorium intybus* L.

English Name:	Chicory
Local Name:	Kasni
Arabic Name:	Hind-Baa
Family:	Asteraceae
Habit and Habitat:	Cultivated annual herb or may be found as weed in <i>Trifolium</i> field.
Distribution:	Europe, New Zealand, Pakistan, and India
Part used:	Leaves, flower, roots and seeds.
Medicinal uses:	Cough, antidote, cold effect on body, eye diseases, hepatitis, liver diseases, remove the blockage of kidney and urethra, headache, throat disease, kidney stones and diarrhea

References from Ahadith

- Bukhari. Ravi: Mohd Bin Abu Bakar Al-Kaim [9].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

10. *Cinnamomum camphora* L.

English Name:	Camphor tree
Local Name:	Kafoor
Arabic Name:	Kafoor
Family:	Lauraceae
Habit and Habitat:	Tree or shrub cultivated for ornamental and commercial purposes.
Distribution:	India, Sri Lanka, Japan and China
Part used:	Leaves and branches
Medicinal uses:	Tetanus, parkensis, hysteria, tuberculoses, headache, liver and kidney pains, oral and teeth swelling, cholera, breast pain, inner wounds, sexual stimulant. Tropical uses of camphor is stimulant and muscle relaxant.

References from Holy Quran Verse 15, 1, Surah Al insane.

References from Ahadith

- Bukhari, Chapt. Kitab ul Tib [9].
- Muslim (Ravi: Um-e-Atiya) Kitabul-Janayez [12].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

11. *Citrulus lanatus* (Thunb.) Matsumura:

English Name:	Water melon
Local Name:	Tarbooz
Arabic Name:	Al Bataigh
Family:	Cucurbitaceae
Habit and Habitat:	Annual trailer, cultivated for fruit purposes.
Distribution:	America, China, Africa, India and Pakistan.
Part used:	Fruit and seeds.
Medicinal uses:	Kidney pain, clear the urine and stomach, facial beauty, increase immunity, jaundice and have cold effects.

References from Ahadith

- Ibne Majja. Ravi: Sahal bin Sahad. Kitabul-Al Athama [11].
- Trimzi (2nd Ed. Chap. Abwab ul Tamiah [14].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

12. *Citrus aurantifolia* L.

English Name:	Lime
Local Name:	Sangtra or Narangi
Arabic Name:	Laymun
Family:	Rutaceae
Habit and Habitat:	A small fruit tree cultivated in the plains and foothills.
Distribution:	India, Pakistan, Spain and America
Part used:	Fruit, juice, bark and seeds
Medicinal uses:	Antidote, remove spot from skin, piles, common cold, stomach disorder, ant peristalsis, decrease, thrust, hepatitis, heart diseases, cough, liver infection, cholera, diabetes, intestinal pain, pimples, skin depletion and leukoria

References from Ahadith Bukhari. Ravi: Abu Mussa Alasharri [9].

13. *Commiphora molmol* Engl. ex Tschirch:

Syn:	<i>C. myrrha</i> Nees.
English Name:	Myrrh
Local Name:	Murmukey
Arabic Name:	Murr
Family:	Burseraceae
Habit and Habitat:	Perennial plant
Distribution:	Ethopia, Iran, Thailand and West- Arabia
Part used:	Gum of stem
Medicinal uses:	Germicides, wound healer, old cough, oral fragrance, baldness, swellingof urinary bladder

References from Ahadith Baihaqi Shabalaiman. Ravi: Abdullah bin Jaffer. [14].

14. *Cydonia oblonga* Mill.

English Name:	Quince
Local Name:	Bahi
Arabic Name:	Safarjal
Family:	Rutaceae
Habit and Habitat:	Wild tree found in foothills and cultivated on the plains.
Distribution:	Pakistan, Burma, Indo-China, at ±1200 m alt.
Part used:	Whole plant
Medicinal uses:	Heart diseases, diarrhoea, endocarditis, pericarditis, dysentery

References from Ahadith

- Ibne Majah. (Ravi: hazrat Talha). Kitabul Athama [11].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].
- Hayat ul Hawan ul Kabri [16].

15. *Ficus carica* L.

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

References from Holy Quran Verse #.1-4, Surrah Teen. [14]. 13

References from Ahadith

- Bukhari [9].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

16. *Flemingia grahamiana* Wight and Arn.

English Name:	Memcydon (Tintura)
Local Name:	Kamaila
Arabic Name:	Warus
Family:	Fabaceae
Habit and Habitat:	Tree
Distribution:	Sudan, Yemen and Sri Lanka
Part used:	Leaves extract
Medicinal uses:	Tuberculosis, throat infection, constipation, eczema, piles, leukoria, swelling, germicides, kidney and urinary bladder stone and hysteria

References from Ahadith

- Ibne Majja. Ravi: Zaid Bin Arkam [11].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

17. *Hordeum vulgare* L.

English Name:	Barley
Local Name:	Jao
Arabic Name:	Shair
Family:	Poaceae
Habit and Habitat:	Annual cultivated herb
Part used:	Fruit
Medicinal uses:	Fever, weakness, increase immunity, heart diseases, kidney pain, intestinal ulcer, maintain cholesterol level, jaundice and have cooling effect.
Distribution:	India, Pakistan and America

References from Ahadith

- Trimzi [14]
- Bukhari [Ravia: Hazrat Ayesha (Chap; Haiz ul Shahir) [9].
- Bukhari. Ravia: Aisha. Kitabul-Athama [9].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

18. *Lagenaria siceraria* Standl.

English Name:	Squash
Local Name:	Kaddo
Arabic Name:	Yakteen, Daba
Family:	Cucurbitaceae
Habit and Habitat:	Annual trailer, cultivated for vegetable.
Distribution:	Found all over the world.
Part used:	Fruit and leaves
Medicinal uses:	Arthritis, Maleness, Headache, fever, Madness, Piles, lungs infection, common cold, kidney and liver disorder and heart diseases.

References from Holy Quran Verse.# 48, Surah Younis

References from Ahadith

- Bukhari, Kitab ul Tamamiah [9]
- Ibn e Maja, Chap Bab ul Daba [11].
- Ibn e Maja. Ravi: Anas. Kitabul-athama [10].

19. *Lawsonia inermis* L.

English Name:	Hina
Local Name:	Mehndi
Arabic Name:	Henna

Family:	Lythraceae
Habit and Habitat:	Perennial fragrant shrub, widely cultivated.
Distribution:	Africa and Asia.
Part used:	Leaves, branches and flowers
Medicinal uses:	Wound healer, headache, increase memory, cool effect, stimulator, protect the rupture of skin, skin softer, heal the muscle and chicken pox wound, baldness, constipation, vaginal pain, leuckoria

References from Ahadith

- Trimzi [14]
- Tib-e-Nabvi. Ravi: Hazrat Ayesha [2].
- Bukhari, Kitab ul Tib [9].
- Ibne Majja. Ravi: Salma, Kitbu-Tib [11].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

20. *Lens culinaris* Medic.

English Name:	Lentils
Local Name:	Masoor
Arabic Name:	Adas
Family:	Papilionaceae
Habit and Habitat:	Small, annual herb, cultivated as pulse.
Distribution:	Native country uncertain, widely cultivated in Europe, Asia etc.
Part used:	Seeds
Medicinal uses:	Maleness, measles, paralysis, common cold, parkensis, face clearness, eye infection, digestive diseases.

References from Holy Quran Holy Quran, Verse #. 61, Surah Al Baqra [13].

References from Ahadith

- Al-Jozi (Aljawziyya), Ibn-ul Qayyim, Tibb-e-Nabvi (Urdu Tans. by Hakim Azizur Rehman A'zmi and Mukhtiar Ahmad Nadvi) [15].

21. *Lepidium sativum* L.

English Name:	Water cress
Local Name:	Hubbe-Rishad
Arabic Name:	Habbul Rashad
Family:	Brassicaceae
Habit and Habitat:	Annual weed of both cultivated and wild habitat.
Distribution:	Abyssinia, Afghanistan
Part used:	Leaves and juice
Medicinal uses:	Germicide, insecticide, body pain, arthritis, eczema, maleness, anorexia, constipation, menstruation and digestive problems.

References from Ahadith Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [9].

22. *Nigella sativa* L.

English Name:	Black Seed
Local Name:	Clongy
Arabic Name:	Hubatul-sudda
Family:	Ranunculaceae
Habit and Habitat:	An annual erect herb.
Distribution:	Turkey, Italy, India and Pakistan.
Part used:	Seeds
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, parkensis, piles, swelling, weakness, eczema, diarrhea, malaria, digestive disorders, allergy, wound healer, hearing problems, ear pain and swelling, memory increases, paralysis, heart diseases, antiperistalsis, intestinal worms, liver pain, waist pain, sexual weakness, common fever, ascities, menstruation, ulcerative colitis, crohan`s diseases.

References from Ahadith

- Bukhri. Ravi: Abu Huraira (Chap. Kitab ul Tib) [9].
- Ibne-Majja. Ravi: Salum Bin Abdullah [11].
- Ibn-e-Maja. Ravi: Abu Hurrera. Kitabu-Tib [11].
- Tirmizi. Ravi: Abu Hurrera [14].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Ravi: Abu Hurrera. Zadul Maad [10].

23. *Ocimum basilicum* L.

English Name:	Sweet basil
Local Name:	Rehan, Niazbo
Arabic Name:	Rehan
Family:	Lamiaceae
Habit and Habitat:	An annual plant cultivated for ornamental purposes
Distribution:	Grown in India, Malay Archipelago, Australia, W. Asia, Arabia.
Part used:	Leaves and seeds
Medicinal uses:	Fever, cough, common cold, eczema, baldness, vaginal swelling, pemples, arthritis, muscles pain, antidote, pain killer, tuber closes, asthma, piles, hepatitis, consception, malaria and heart diseases.

References from Holy Quran Verse #. 12, 13, Surah Al Rahman [13].

References from Ahadith

- Bukhri. Ravi: Abu Musa Al Asharii [9].
- Trimzi (Bab ul Tib) [14].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

24. *Olea europea* L.

English Name:	Olive
Local Name:	Zaiytoon
Arabic Name:	Zaiytoon
Family:	Oleaceae
Habit and Habitat:	An erect branched cultivated tree.
Distribution:	Found in Central Asian countries
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

- Verse #.191, Surah Alanam; verse #. 99, Surah Alanam; verse #. 11, Surah Alnahal; verse #. 35, Surah Alnnor; verse #. 1-4, Surah Teen [13].

References from Ahadith

- Bukhri, Ravi: Khalid Bin Sahad [9].
- Trimzi, Abwab ul Tamah [14].
- Ibne Majja, Ravi; Zahid Bin Arkum [11].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

25. *Phoenix dactylifera* L.

English Name:	Date palm
Local Name:	Khajoor
Arabic Name:	Nahal, Balah, Tammar, Rutab, etc.
Family:	Arecaceae
Habit and Habitat:	Cultivated tree, may be found self grown.
Distribution:	N.Africa, India (Rajistan, Maharashter), Iraq, S.Arabia, Pakistan.
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

Verse #.6, Surah Baqra; verse #. 99, Surah Al Anam; verse #. 4, Surah Al Rahad; verse #. 11, 27, Surah Al Nahal; verse #. 91, Surrah Al Israa; verse #.36, Surah Al Kahaf; verse #. 23, 25, Surah Mariam; verse #.148, Surah Shurah; verse #. 71, Surah Taha; verse #. 34, Surah Yaseen; verse #. 60, Surah Al Qamar; verse #. 11-28, Surah Rahman; verse #. 7, surah Al Haqqa; verse #. 39, Surah Abbas [13].

References from Ahadith

- Ibne Majja. Ravi-Bussar (R.A) [11].
- Trimzi [14].
- Bukhri. Ravi – Ans Bin Malik [9].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Ravi: Ibn-e Umer. Zadul Maad [10]

26. *Punica granatum* L.

English Name:	Pomegranate
Local Name:	Anar
Arabic Name:	Rumman
Family:	Punicaceae
Habit and Habitat:	Tree, cultivated in the area.
Distribution:	Chilli, Iran, Afghanistan, India, Pakistan and European countries
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

Verse #. 99, Surah-Al Anam; verse #. 141, Surah Al Anam; verse #. 69, Surah Rehman.

References from Ahadith Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

27. *Salvadora persica* L.

English Name:	Tooth brush tree
Local Name:	Peelu
Arabic Name:	Arak
Family:	Salvadoraceae
Habit and Habitat:	Shrub or small tree found in rocky slopes and sandy area.
Distribution:	Found in desert parts of the world.
Part used:	Branches and roots
Medicinal uses:	Dental diseases, arthritis, piles eczema, oral diseases, headache, antidote, diabetes, digestive problems.

References from Ahadith

- Bukhri. Ravi: Jabbar Bin Abdullah (Chap. Kitab ul Tib) [9]
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Ravi: Zadul Maad [10].

28. *Saussurea lappa* L.

English Name:	Costus
Local Name:	Kuth
Arabic Name:	Kustul Bahri
Family:	Asteraceae
Habit and Habitat:	Annul wild herb
Distribution:	European countries, In Pakistan (Kashmir and Northern Areas)
Part used:	Roots
Medicinal uses:	Phyrngitis, headache, maleness, remove swelling, common cold, good in parkansis, constipation, vaginal pain, strengthen heart, liver, tuberculosis.

References from Ahadith Tib e Nabvi and modern Science [2].

29. *Trigonella foenum-graecum* L.

English Name:	Fenugreek
Local Name:	Maithi
Arabic Name:	Helba
Family:	Papilionaceae
Habit and Habitat:	Annual cultivated leafy vegetable
Distribution:	Pakistan, Kashmir, India, S. Europe, Orient, Arabia, Ethiopia
Part used:	Seeds and leaves.
Medicinal uses:	Throat infection, swelling, body pain, cough, stomach pain, piles, dandruff, baldness, breast pain, lungs infection, diabetes, ulcer, diarrhea and gas trouble. Powerful tonic, back pain, seeds in powder form used for diabetes, lactagogue i.e. to stimulate milk production in mammary glands.

References from Ahadith Tib-e-Nabvi. [(Ravi: Qasim Bin Abdul Rehman) [2].

- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Ravi: Ahmed Zahbi, Zadul Maad [10].

30. *Thymus serpyllum* L.

English Name:	Wild thyme
Local Name:	Sattar Ban - ajwain
Arabic Name:	Zatar
Family:	Lamiaceae
Habit and Habitat:	Wild annual herb
Distribution:	Iran, Iraq and Afghanistan
Part used:	Leaves
Medicinal uses:	Germicides, pain remove of stomach, liver, common cold, kill the insect of belly and cough in strengthen lungs.

References from Ahadith

- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Ravi: Mohd Ahmed Zahbi. Tibb-e-Nabvi [16]

31. *Vitis vinifera* L.

English Name:	Grapes
Local Name:	Munaqqa
Arabic Name:	Inab
Family:	Vitaceae
Habit and Habitat:	Perennial vine, cultivated for fruit purposes.
Distribution:	France, Germany, Spain, Pakistan and India
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 Quran

Verse #. 160, Surah- Al Nahal; verse #. 91, Surah Israa; verse #. 28, Surah-Abasa; verse #. 266 Surah-Al-Bakara; verse #.11, 67, Surah-Al- Nahl; verse #. 32, Surah-Al-Kahf; verse #. 19, Surah-Al-Mumenon; verse #. 34, Surah-Yaseen; verse #. 78, Surah-An-Naba and verse #. 99, Surah-Al-Anaam. [13].

References from Ahadith

- Bukhari Ravi: Ibne-Abbas [9].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Ravi: Zadul Maad [10]

32. *Zingiber officinale* Roscoe.

English Name:	Ginger
Local Name:	Adrak or Sonth
Arabic Name:	Zanjabil
Family:	Zingiberaceae
Habit and Habitat:	Cultivated herb with underground perennial stem.
Distribution:	Bangladesh, Yaman, Oman, Seralone, India and Pakistan
Part used:	Fruit
Medicinal uses:	Intestinal pain, anorexia, dyspepsia, headache, diarrhea, constipation, intestinal swelling, dog bite, stomach disorders, sexual weakness, digestive stimulant, cooling effect on body, increase urine production.

References from Holy Quran Verse #. 68, Surah Al Baqra [13].

References from Ahadith

- Bukhari, Ravi-Abdullah Bin Jaffer (R.A) [9].
- Muslim, Ravi Abdullah Bin Jaffer (R.A) [12].
- Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

DISCUSSION

History of Islamic medicine in its true context can thus be defined as a body of knowledge of medicine that was inherited by the Muslim in the early phase of Islamic history (40-247 AH/661-861 AD) from mostly Greek sources but to which became added medical knowledge from, Persia, Syria, India and Byzantine. In Islam diseases are cured in two ways, first the cure of soul through prayers and second the cure of ailments through medicines [17]. The Holy Quran is one of the reference books describing the importance of plants used for different ailments in various Surahs. Our Holy Prophet used certain herbs and recommended various medicinal plants for cure of common diseases. He recommended *Hordeum vulgare* (Barley) for heart diseases, constipation and vigorous [18].

A close look at checklist of medicinal flora tells us that 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 light 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 used for digestive problems, piles, sexual diseases and heart

attacks. Up to 1959, the people of Dubai, Qatar, Abu Dhabi and Saudi Arabia used to have breakfast with dates and Khubus (bread). In ancient, dates were the major source of food for the people of Middle East. In modern times many products of food have been prepared from dates. In Holy Quran it is said “Your God is that who has made different kinds of orchids and gardens for you, those have colorful crops of *Phoenix dactylifera*, *Olea europea* (olive) and *Punica granatum* (pome granate). Their shapes and tastes are similar as well as different also. Eat these fruit when ripen but keep the share of poor relatives and needy and do not waste them (Holy Quran: 141, Surah- Al-Anam). *Olea europea* (olive) is another plant that has many references in Holy Quran and Ahadith. And it is used for skin diseases baldness and pain killer. In Ahadith it is said that “eat the olive oil and apply it on the body, it is cure of seventy diseases” (Abu Naeem. Ravi. Hazrat Abu Haraira). The saying of Holy Prophet (PBUH) about medicines are spread over 200 books in the world [19].

Now a days there is much interest in medicinal plants through out the world including developed countries like China, Germany, France, Japan, USA and UK. Similarly in developing countries like Pakistan and India, the benefits of modern medicines and health care reach only to small percentage of population. These could hardly reach the

large mosses living in the rural areas. Moreover in remote areas of the world where per capita income of people is very low, it becomes more difficult to buy complicated and expensive prescriptions. Hence there is a need for the inclusion of herbal medicines at primary health care level, since there long standing use is plant drug reasonably guarantee their medicinal efficacy and safety [20]. In this study an effort was also made to review the active constituents of these medicinal plants [21].

The necessity for exploration for such useful data from Holy Quran, Ahadith and Islamic books has long been felt with the increasing need of drugs, medicines and other useful products. In this way present approach of this study can be adopted to record the medicinal uses of plants for welfare of human beings. This study is the logical and applicable step in directions towards the ultimate goal of development of natural plant based industry in the light of Islamic history through out the world for prosperity and safety of the human beings.

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