



Study Quranic plants in Hadiths

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ABSTRACT: The Holy Quran and Hadiths by the Infallible Imams provide broad guidelines concerning the spiritual and material aspects of life. Plants either mentioned in the Holy Quran and hadiths were considered as highly potential medicinal plants. In the research there are the sayings and traditions that somehow represent the miraculous Quranic plants (Manna of hedysarum, Onion or Cepa, Garlic, Black mustard, Camphor, Cucumber, Pumpkin or Gourd or Calabasse, Fig, Lentil, Banana, Royal basil or Sweet basil, Olive, Date plam or Edible date, Pomegranata, Toothbrush tree or Mustard tree, Manna Tree or French Tamarisk, Grape, Ginger and Nabak tree) in the statements of the holy prophet of Islam's inmates. In this study, the qualitative research method of content analysis on hadiths with respect to Quranic plants were performed. Then, the collected materials were analyzed.

Keywords: Hadiths, Quranic Plants, Holy Imams, Islamic Lifestyle.

INTRODUCTION

Islam is not only a religion but also a total way of life. It covers every aspect of human endeavour. So when addressing the issue of medication, Islam has a lot to say about it, ranging from its meaning and purpose, to its utilization and efficacy (Akanni, 2013). Diseases and other related ailments are predictable in life and have led man to discover ways by which they could be treated. Plants have always been a successful source of remedy from nature. Such practice is as old as human existence and forms an integral part of traditional medicine. The term medicinal is applied to a plant indicates that it contains a substance or substances which modulate beneficially the physiology of sick mammals and that it has been used by man for that purpose. Today, herbal medicine has gradually become more popular and the need for promoting the related awareness is perceived (Noor Mohammadi and Haji, 2013; Tumpa *et al.*, 2014). On the other hand, in Islamic medicine, Hadiths and narrations the healing effects of herbal medicine have been noted repeatedly. According to the influence of these hadiths on beliefs, it is necessary to collect and use these references, scientifically and documentary. Healing effect of plants is the matter which can be perceived through using the ocean of Quranic information and spiritual knowledge of Holy Prophet and Alh-e-bait which are called as "Islamic texts (hadiths)". In this regard, new achievements of medical science can be integrated with spiritual conceptions. If this integration is done, a scientific angle of Quran, Holy Prophet and Ahl-e-bait will be discovered and another window of

medicine, except experimental sciences, will be opened to the medical researchers and scholars. Also, herbal medicine helps people to be safe from damages of chemical drugs which have been achieved from experimental sciences; makes the treatment procedure easier, and passes through mere physical form and enhances supernatural sciences (Noor Mohammadi and Haji, 2013).

The development of Greco-Arab and Islamic medicine was based on four main resources: (1) knowledge developed by traditional healers in the pre-Islamic period based on a long history of trial and error, (2) knowledge introduced by Islam, (3) theoretical and practical knowledge developed in other medical systems, which became available to Arab-Islamic scholars after the translation of Greek, Indian, and Persian scripts, and (4) theoretical and practical knowledge introduced by Arab and Muslim scholars (Saad and Said, 2011; Saad, 2014). The selection of potential natural products was based on accumulated knowledge developed in the pre-Islamic period based on a long history of trial and error, and then by knowledge introduced by Islam. These include natural products mentioned in the Holy Quran or in the Hadith of the Prophet Mohammad (PBUH). Foreign developments in medicine also became available to Arab-Islamic scholars following the translation of Greek, Indian, and Persian texts. Additionally, physicians in the Islamic world introduced many innovative theoretical and practical ideas to the fields of medicine and pharmacy throughout this period (Saad and Said, 2011; Saad, 2014). Development of Greco-Arab and Islamic medicine showed that in Fig. 1.

According to Holy Quran, 19 plants like (Manna of hedsarum, Onion or Ceba, Garlic, Black mustard, Camphor, Cucumber, Pumpkin or Gourd or Calabasse, Fig, Lentil, Banana, Royal basil or Sweet basil, Olive, Data plam or Edible date, Pomegranate, Toothbrush tree or Mustard tree, Manna Tree or French Tamarisk, Grape, Ginger and Nabak tree) are gifts and heavenly plants of God. Nineteen fruits and plants name have been mentioned in the Holy book of Moslem. The plant species in the Quran are: *Alhagi maurorum*, *Allium cepa*, *Allium sativum*, *Brassica nigra*, *Cinamoumon camphor*, *Cucumis sativus*, *Cucurbita pepo*, *Ficus carica*, *Lens culinaris Medic*, *Musa sapientum*, *Ocimum basilicum*, *Olea europaea*, *Phoenix dactylifera*, *Punica granatum*, *Salvadora persica*, *Tamarix aphylla*, *Vitis vinifera*, *Zingiber officinale* and *Ziziphus spina_christi* (Azarpour *et al.*, 2014). The aim of present study was to evaluation Quranic plants in narratives and hadiths.

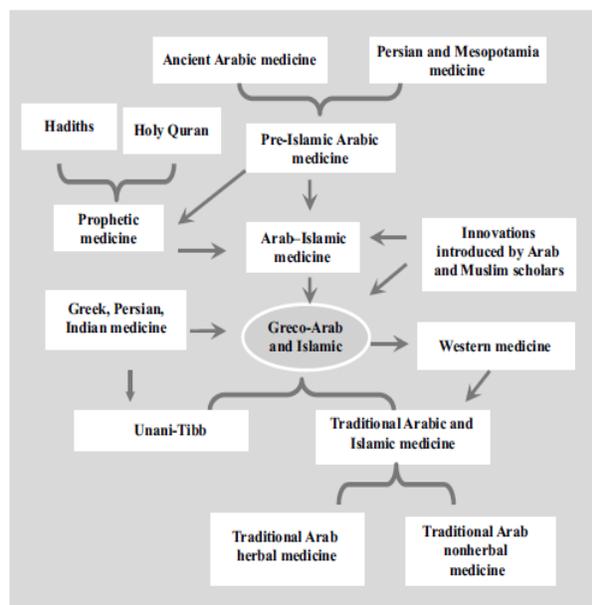


Fig. 1. Development of Greco-Arab and Islamic medicine.

MATERIALS AND METHODS

In this study, the qualitative research method of content analysis on hadiths with respect to Quranic plants (Manna of hedsarum, Onion or Ceba, Garlic, Black mustard, Camphor, Cucumber, Pumpkin or Gourd or Calabasse, Fig, Lentil, Banana, Royal basil or Sweet basil, Olive, Data plam or Edible date, Pomegranata, Toothbrush tree or Mustard tree, Manna Tree or French Tamarisk, Grape, Ginger and Nabak tree) were performed. Then, the collected materials were analyzed.

RESULTS AND DISCUSSION

The previous studies have revealed to us of the importance of Kitab al-Tibb in Sahih Bukahri. It gives primarily idea on the conditions of Muslims in the time of Prophet (s.a.w), how did they prevent and treat the disease. It is found that most of al-tibb al-nabawi is preventive medicine (al-tibb al-wiqa`i) rather than therapeutic medicine (al-tibb al-`ilaji). Its method of prevention was considered advance, given the level of scientific knowledge that existed at the time. As far as the treatment of disease is concerned, the hadiths of the Prophet (s.a.w) in Kitab al-Tibb of Sahih Bukahri gives us the idea throws on how did the Muslim had been treated, if he was sick. It is found that the treatment of disease was mainly based on the cause of disease. These remarks lead to the conclusion that we should not use al-tibb al-nabawi (medicine of the Prophet) without empirical research because of changes in medicinal plants and environment as well as the meaning of linguistic terms. Thus the conditions for which these remedies were prescribed in the first century of hijrah may not be exactly the same as the conditions we are dealing with today. The refore, if we wish to have a complete account of Prophetic medicine, we shall not be satisfied by referring to the writing of traditionalist scholars in the past without referring to new discoveries made by the researchers after the demise of Prophet (s.a.w) (Deuraseh, 2006).

The religious sources specially the most importance Islamic resources are one of the most important and valuable resources that help protect human health and the treatment of disease that require special attention. Since these sources are obtained from the Word of God, the Holy Prophets and Imams, they have a solid foundation. Therefore, it is clear that more attention and understanding of these sources and achieving their deep meanings can help health promotion and treatment of diseases. Some scientists believe that the science of medicine has a divine source and relies on revelation. The great thinker and scholar Sheikh Mofid (RA) states: Medicine is a science the understanding of which is a fixed phenomenon and revelation is the way to achieve it. Those who are aware of this science have obtained it only from the prophets, in order to achieve the reality of the sickness there is no way except anecdotes (anecdotal evidence) and in order to achieve how to treat it there is no way except (divine) grace thus it is proved that the only way to obtain this knowledge is to hear it from God who is aware of all secrets. It seems that the needs of the primitive human being demanded to obtain some empirical knowledge necessary to survive through revelation.

In confirming this theory Seyyed bin Tavous states: God dismissed Adam from the heaven and made him aware of every thing. Astronomy and medicine was the sciences that God had informed him of them. Therefore, we can say that the beginning of medicine was the teachings of revelation but scientists knowledge is also added and it gradually expands but the claim that revelation is the only way to achieve this knowledge is not only against the intellectual and religious argument but also it is proven as invalid by the experience. The plant kingdom has provided an endless source of medicinal plants with numerous biological properties and pharmacological potential. These herbs have been used for thousands of years either in their crude forms or as herbal teas, syrups, infusions, ointments, liniments, and powders. Owing to Hadiths of the Prophet (PBUH), "The one who sent down the disease sent down the remedy." and "For every disease, Allah has given a cure." every Muslim is encouraged to search for those remedies and use them with skill and compassion. Plants either mentioned in the Holy Quran and hadiths were considered as highly potential medicinal plants. In the following there are Quranic plants in hadiths.

A. Pomegranate in narratives and hadiths

Prophet Muhammad (PBUH) said: There is no pomegranate unless there is a grain of paradise inside it and I shall not leave even a grain of it.

Prophet Muhammad (PBUH) said: Eat pomegranate because its grain cleanse your heart and removes the devil from the body for 40 days.

Prophet Muhammad (PBUH) said: Whoever eats pomegranate, his heart becomes clear and temptation leaves him for 40 days.

Prophet Muhammad (PBUH) said: Whoever eats a whole pomegranate God enlightens his heart for 40 days.

Prophet Muhammad (PBUH) said: Eat pomegranate with its peel because it cleanses your stomach.

Prophet Muhammad (PBUH) said: Pomegranate is above all fruits and whoever eats a pomegranate makes his devil angry for 40 nights.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: There is a of heart and self- light in every pomegranate seed that falls in the stomach and makes the devil of obsession sick for 40 nights.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Feed your children with pomegranate to speak fast.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Eat fruit with its peel to get your stomach tanned. As the pomegranate seed locates in the stomach heart is enliven and soul becomes lighten and forty evil temptations are shed away for 40 nights.

Imam Zain al-Abidin Ibn Husain al-Sajjad (AZ) said: There are two things that do not enter the stomach unless corrupt it, and two things that cleanse them. Those cleansers are pomegranate and cold water and the corrupters are cheese and dry grilled meat.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Whoever eats pomegranate his life is safe until the morning.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Pomegranates be upon you, because no hungry man shall eat it unless it suffices him and no feed shall eat it unless it makes the food fresh for him.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Four things stabilize the mood, Sorani pomegranates, green cooked dates, violets and chicory.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Whoever eats pomegranate, his heart is bright and clear and the devil gets away from him.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Whoever eats a pomegranate seeds, he makes the devil of temptation sick for 40 days.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: There are five fruits of Paradise in the world: 1. sour and sweet pomegranates, 2. Lebanese apples, 3- grapes, 4-quince and 5- to Msohan dates (a kind of dates).

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Eat pomegranate tha get the stomach tanned and increases intelligence (ie, eating pomegranate calms the man's mind).

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: There are one hundred and twenty colored fruits and the pomegranate is their saint.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: If I was in Iraq, I would east Sorani pomegranate then went under Euphrates water.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Let your children eat pomegranate to speed up their youth.

Harest Ben Moghiran said: I complained to Imam Jaffar Ibn Muhammad al-Sadiq (AZ) for having a heavy stomach and no food digestion in my stomach, He said: Eat sweet pomegranate with its peel that gets the stomach tanned helps food digestion and to give healing and prays within man.

Imam Musa Ibn Jaffar al-Kazim (AZ) said: Whoever eats a pomegranate on Friday, the pomegranate, cleanses his heart for 40 days, if he eats 2 pomegranates he is cleansed for eighty days, and if he eats three pomegranate he is cleansed for one hundred and twenty days, and devil temptations get away from him and whoever is away from the devil temptation, shall not disobey Allah (Almighty) and whoever does not disobey God, God takes him to heaven.

Imam Musa Ibn Jaffar al-Kazim (AZ) said: Among the things which Adam has suggested to his son was that he said, pomegranates be upon you, because if you are hungry and eat it that suffices you, and if you are fed and eat it, that makes the food fresh (digestible) to you.

Imam Ali Ibn Musa al-Reza (AZ) said: Eat pomegranates increases the men's sperm and if a pregnant woman eats sweet pomegranate her child gets beautiful.

Imam Ali Ibn Musa al-Reza (AZ) said: Pomegranate smoke removed the insects and small animals and destroys them.

Imam Ali Ibn Musa al-Reza (AZ) said: Drink sour-sweet pomegranate juice because it settles the blood and refreshes the blood.

Imam Hassan Ibn Ali al-Askari (AZ) said: After the bloodletting, eat pomegranates, a sweet pomegranate, because it settles the blood and purifies it.

B. Fig in narratives and hadiths

Prophet Muhammad (PBUH) said: If there is a fruit from paradise it is the fig. Then eat it, because it stops hemorrhoids.

Prophet Muhammad (PBUH) said: Eat fresh and dry figs, as it adds to the power of sex, and eradicates hemorrhoid and it is helpful in curing gout and cold nature.

Aboutzar is quoted in the book Makarim: one day they brought fig as a gift for Prophet Muhammad (PBUH). He said to his companions: if there is a fruit from paradise it is the fig, because there is no remaining and it is helpful in curing hemorrhoids and gout.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Eating fig makes a soft temperament and is useful for colic, then eat it but do not eat it much, eat it a lot in the day but eat it less at night.

Imam Musa Ibn Jaffar al-Kazim (AZ) said: To treat the colic and the coldness of the joints which overtakes them you shall get a handful of fenugreek and a handful of dried figs and soak them in water and boil them. Then pass them through a filter and let it be cold and eat a bowl of it.

Imam Ali Ibn Musa al-Reza (AZ) said: Fig removes the bad breath, makes the bones strong, causes hair growth and there is no need for the drugs to cure the disease with it. Then he said: Fig is

Imam Ali Ibn Musa al-Reza (AZ) said: Figs are good for colic and are the closest fruits to heaven fruits and resolve the flatus.

Imam Ali Ibn Musa al-Reza (AZ) said: Eating the fig treats colic and eating quince treats eye darkness.

Imam Muhammad Baqir Ibn Ali al-Ulum (AZ) quoted Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ): Eat fig to treat colic but eat less meat because it destroys the body and increases the mucus and makes the spirit dense.

C. Grape in narratives and hadiths

Prophet Muhammad (PBUH) said: Your best food is the bread and your best fruit is the grape.

Prophet Muhammad (PBUH) said: Dates, grape and pomegranates are created from the remaining of human honor and origin.

Prophet Muhammad (PBUH) said: The spring of my nation is in watermelon and grape.

Prophet Muhammad (PBUH) said: Eat the grape one after another because it is more delicious and digestive.

Prophet Muhammad (PBUH) said: Grape may be upon you because it reduces mucus and bitterness; it strengthens the body, reduces frustration and fatigue, makes the heart and mood pure and good and reduces anguish (distress).

Prophet Muhammad (PBUH) said: Whoever gets used to eat currant before the breakfast he will benefit from understanding and memory and mind, and his mucus is reduced.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Grape is the food, fruit, meal and sweet.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Grape is a quick food, fruit, food and sweet.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Currents strengthen the body and remove fatigue and make the heart happy.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Eating 21 red currants before the breakfast removes all disease except death.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Hazrat Noah (AS) complained of his sorrow to God and He revealed to him: eat the grapes because they remove your sorrow.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: If you face famine eat currents.

Imam Musa Ibn Jaffar al-Kazim (AZ) said: Three things are harmless: Razeghi grape, sugarcane and Lebanese apples

Imam Ali Ibn Musa al-Reza (AZ) said: Whoever wants to increase his memory must eat 7 ounces of currants before the breakfast.

D. Onion in narratives and hadiths

Prophet Muhammad (PBUH) said: If you enter with a Cholera-stricken village and be afraid of it you shall eat onion because it cleanse your eye and hair, strengthen the body, makes your stems faster and removes the sunburn and fatigue and cures fever.

Prophet Muhammad (PBUH) said: If you enter up with a land to ease intestinal infections and cholera eat onions.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Eat onions because it has three benefits: it removes bad breath, strengthens you gum and empowers the sperm and sexual intercourse.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Onion removes bad breath and increases sexual power and brightens your skin.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Onion removes the pain and strengthens the body and adds strength to walk and removes fever.

Muhammad ibn Sinan said: I asked Imam Jaffar Ibn Muhammad al-Sadiq (AZ) about the onion and leek. He said: Eating it (onion) is permissible both raw and baked unless it bothers anybody or when he wants to go to mosque thus if it bothers anyone it is better not to use it.

Imam Musa Ibn Jaffar al-Kazim (AZ) said: Whoever eats egg, onion and olive his sexual power increase.

Imam Muhammad Baqir Ibn Ali al-Ulum (AZ) said: We must eat garlic, onions and vegetables.

E. Manna of hedysarum in narratives and hadiths

Prophet Muhammad (PBUH) loved watching the green Manna of hedysarum and red apple.

F. Mustard in narratives and hadiths

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Whoever feels pride as big as a mustard grain in his heart will never go to paradise.

Imam Ali Ibn Musa al-Reza (AZ) said: Whoever to reduce amnesia and have strong memory must eat 3 pieces of ginger with honey and eat mustard with his meal. Whoever wants to increase his intelligence must chew Terminalia chebula with sugar Tabarzadi.

Khalid Qmat said: Imam Ali Ibn Musa al-Reza (AZ) prescribed this for me: grind an ounce of yellow Terminalia chebula, two ounces of mustard and an ounce of pellitory and have them before your meal that reduces mucus and refreshes your mouth and makes your teeth strong.

G. Date in narratives and hadiths

Prophet Muhammad (PBUH) said: If one of you is fasting, he shall break his fast with date and if there are no dates he shall break his fast with water because water cleanses.

Prophet Muhammad (PBUH) said: Give dates to the pregnant women in her last month to have a patient and pure baby.

Prophet Muhammad (PBUH) said: God the Greatest and his angels send greeting to the repenters and those who rise to fast at dawn. So you shall have your breakfast even if it is water and the best breakfast is flour and date.

Prophet Muhammad (PBUH) said: Give the parturient women fresh dates and if you did not have fresh dates give her other types of dates because

there is no holier tree than the one than Mary (Hazrat Maryam (SA) girl of Imran) came upon.

Prophet Muhammad (PBUH) said: As the woman gave birth to a child the first thing to eat must be fresh date and if you did not have fresh dates give her other types of dates because if there were anything better God would feel Mary (Hazrat Maryam (SA)) after giving birth to Jesus (Hazrat Isa (AS)).

Prophet Muhammad (PBUH) said: Feed your pregnant wives dates because dates make their children patient.

Prophet Muhammad (PBUH) said: Bernie dates be upon you, because it reduces fatigue, it warms you in cold weather, it feeds you and has 72 healings.

Prophet Muhammad (PBUH) said: Gabriel said Bernie date adds spine water.

Prophet Muhammad (PBUH) said: Eat dates before the breakfast to kill worms.

Prophet Muhammad (PBUH) said: The best breakfast is dates.

Prophet Muhammad (PBUH) said: The Ajveh dates are from heaven and treat the poison.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) used to have dates and bread.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Eat dates because it cures every pain.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Eat dates before the breakfast to kill worms.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Whoever eats seven dates from between two mountains of Medina the poison shall not harm him during the same day and night.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: We were with the Holy Prophet of Islam (PBUH) an Abd-ol-Qeys group came and greeted him and gave him a dish of dates Prophet said: Is it a charity or a gift? They said: Bernie. He said there are 9 benefits in these dates Gabriel said to me: It removes bad breath, cleans the stomach, digests food, strengthens ear and eye, strengthens your back, it paralyzes the devil makes you closer to God and releases you from the Satan.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Wave the palm branches to have the best date have it to enlighten your eyes.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Feed your children with dates for the first time as the Prophet Muhammad (PBUH) did with Imam Hasan ibn Ali al-Mujtaba (AS) and Imam Husain ibn Ali Sayed al-Shuhada (AS).

Imam Muhammad Baqir Ibn Ali al-Ulum (AZ) said: Nothing heals women better than dates and God fed Mary with dates when bleeding.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Feed your pregnant wives with Bernie dates to have beautiful children.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Hazrat Noah (AS) carried Ajveh date and Azagh to his ark.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Whoever eats an Ajveh date before the breakfast devil will not harm him.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Bernie dates are the best date for you and it is a medicine with no pain, it reduces fatigue and feeds you. It reduces mucus and good and refreshing with any kind of dates.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Dates reduce the toxins with no pain and those who eat 7 date when sleeping their worms are reduced.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Green dates and rice stops hemorrhoids.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Sarfan date is good with no disease and side effects.

Imam Ali Ibn Musa al-Reza (AZ) said: Mary's (Hazrat Maryam (SA)) date was Ajveh date.

Imam Ali Ibn Musa al-Reza (AZ) said: Whoever wants to release from the seat's pain and hemorrhoids, he should have 7 Heyron dates with caw's fat.

H. Cucumber in narratives and hadiths

Prophet Muhammad (PBUH) said: Cucumber be upon you because God has made it the cure for every pain.

Prophet Muhammad (PBUH) said: When eating cucumbers, eat it from the bottom.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: When eating cucumbers, eat it from the bottom because it is more blissful.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Prophet Muhammad (PBUH) used to eat cucumbers with salt.

Imam Ali Ibn Musa al-Reza (AZ) said: Anyone who catches cold in the summer must eat one cucumber every day and avoid sun.

Imam Ali Ibn Musa al-Reza (AZ) said: Hemad ibn Mahran Balkhi said: One day in Khorasam a young man complained about jaundice to Imam Ali Ibn Musa al-Reza (AZ). He said: Peel the cucumber and after baking it have it for 3 days before the breakfast.

I. Basil in narratives and hadiths

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Prophet Muhammad (PBUH) liked basil among the vegetables.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Basil is the Prophet's herb and you should know that there are 8 properties in it: It makes the food palatable, it freshens the burp and mouth, increase your appetite,

refreshes the blood, it immunizes the body against leprosy, it reduces internal disease and the Elysians have at their tables.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Whenever they give you basil smell it and put it on your eyes because it is from the heaven.

Imam Musa Ibn Jaffar al-Kazim (AZ) said: Basil removes Tuberculosis.

Imam Musa Ibn Jaffar al-Kazim (AZ) asked for basil with his meal and said: I like to start my food with it because basil opens blood vessels, increases appetite and treats Tuberculosis.

J. Ginger in narratives and hadiths

Imam Ali Ibn Musa al-Reza (AZ) said: Whoever wants to reduce amnesia and have strong memory must eat 3 pieces of ginger with honey and eat mustard with his meal. Whoever wants to increase his intelligence must chew Terminalia chebula with sugar Tabarzadi.3.4.11. Olive in narratives and hadiths

Prophet Muhammad (PBUH) said: Eat Olive and rub it into your body because everyone that eats it and rubs its oil into his body the devil will be away from him for 40 days.

Prophet Muhammad (PBUH) said: have olive because it reduces bile and mucus and strengthens your body, it makes you well behaved and cleanse your soul and sorrows.

Prophet Muhammad (PBUH) said: Olive is a good tooth brush from a blessed tree it refreshes your mouth reduces the germs and it is my brush and the prophets before me.

Prophet Muhammad (PBUH) said: The olive oil is used by the righteous people. As it turns its back and front there are blessings in it and it is saturated with cleanness.

Prophet Muhammad (PBUH) said: Eat olive oil and rub it into your body because it cures 70 pains and leprosy is one of them.

Prophet Muhammad (PBUH) said: Eat olive oil and rub it into your body and put it in your food because it comes from a blessed tree.

Prophet Muhammad (PBUH) said: Olive is a good food, it refreshes the breath, reduces mucus, brightens the skin, strengthens the nervous system and reduces disease and turns off the fury.

Prophet Muhammad (PBUH) said: Olive is a good brush from a blessed tree than refreshes the breath, reduces the germs and corruption.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Rub the olive oil into your body and use it in your food because it is used by the righteous people. It is cleansed twice and as it turns its back and front there are blessings in it and no disease shall harm as you use it.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: The house in which there is Olive and vinegar is not without food because it is the food of the prophets.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Olive oil is a good food which is the perfume and the food of the prophets. Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Rub the olive oil into your body and use it in your food because it is used by the righteous people and no disease shall harm as you use it.

Imam Jaffar Ibn Muhammad al-Sadiq (AS) said to Omme Hani about eating olive: Put olive, water and salt in a bowl and have it.

Khalid bin Najyh said: Imam Jaffar Ibn Muhammad al-Sadiq (AS) and Imam Musa Ibn Jaffar al-Kazim (AZ) used vinegar and olive as their first food.

Imam Jaffar Ibn Muhammad al-Sadiq (AS) said: Prophet Muhammad (PBUH) most favorite color food was vinegar and olive oil which was used by the prophets.

Halabi said: I asked Imam Jaffar Ibn Muhammad al-Sadiq (AS) about food and he said: vinegar and olive oil because they are digestive.

Salama Falasafy asked Imam Jaffar Ibn Muhammad al-Sadiq (AS) about food and he said: Use the beef and if there is no beef Ghalliah eat vinegar and olive.

Elhagh ibn Omar asked Imam Jaffar Ibn Muhammad al-Sadiq (AS) the olive oil stimulating flatus he said: It removes flatus.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: If you had eczema or acne dress it and treat it with olive oil or ghee.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: If you eat Saviq with olive oil you will have more flesh, strong bones, thin skin and high sexual desire.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Eating Saviq with olive oil causes you to have more flesh, strong bones, thin skin and high sexual desire.

Imam Musa Ibn Jaffar al-Kazim (AZ) said: One of the things that Adam suggested his son to eat was: East olive because it comes from a blessed tree.

Imam Ali Ibn Musa al-Reza (AZ) said: Olive removes the bad breath, mucus, lightens the skin strengthens the body and reduces disease and remove fury.

Imam Ali Ibn Musa al-Reza (AZ) said: Anyone who wants hydrated lips with no cracks must rub the olive oil on them.

Imam Ali Ibn Musa al-Reza (AZ) said: If you want to remove bloating you must purge and rub the olive oil on your body.

K. Nabak tree in narratives and hadiths

Prophet Muhammad (PBUH) damned the one who cut the nabak tree.

Prophet Muhammad (PBUH) said: Sedrah al montaha was a very strong tree with broad leafs like the ears of the elephant and its fruit was full of water like Hagar water pitcher. Anybody who has seen the tree with its cone shaped fruits admired the Prophet Muhammad (PBUH) description.

Prophet Muhammad (PBUH) said: Whoever waters a nabak tree or date palm trees it like that he has given water to a thirsty man.

Prophet Muhammad (PBUH) said: Whoever cuts a nabak tree he will go to hell upside down.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: The Prophet used to wash his hair with cedar (nabak tree) and recommended it to others.

L. Garlic in narratives and hadiths

Prophet Muhammad (PBUH) said: Have garlic and treat with it, garlic certainly cures seventy diseases.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) quoted the Prophet Muhammad (PBUH): Eat garlic; I would eat it if I was not supposed to talk with the angels.

Ibn Azineh quotes Muhammad ibn Muslim from Abi Jafar (AS): I asked what is ordered about eating it? He said: Prophet Muhammad (PBUH) has forbidden it due to its smell and said: If anyone eats this bad smelling plant, he shall not come to our mosque but if someone eats it and does not come to the mosque it has no problem. And in another narration the Prophet Muhammad (PBUH) said: Whoever eats this plant is no allowed to come to the mosque but it is not forbidden.

Imam Muhammad Baqir Ibn Ali al-Ulum (AZ) said: We must eat garlic, onions and leek.

Imam Ali Ibn Musa al-Reza (AZ) said: Whoever wants to get release of the bloats shall eat garlic once in seven days.

Sama'e asked Imam Jaffar Ibn Muhammad al-Sadiq (AZ) about eating onions, He said: it (onion) is permissible both raw and baked but after treating with garlic do not go to the mosque.

M. Lentil in narratives and hadiths

Prophet Muhammad (PBUH) said: Eating lentils be upon you because it is blessed and clean and increases tears and God made it clean with 70 prophet the last one is the Jesus (Hazrat Isa (AS)).

A man complained about his hearts atrocity to the Prophet Muhammad (PBUH), he said: Eat lentils because it removed heart atrocity and increases tears.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Eating lentils softens the heart and increases tears.

Imam Muhammad Baqir Ibn Ali al-Ulum (AZ) said: A servant experienced heavy menstruation bleeding as she was dying. Imam Muhammad Baqir Ibn Ali al-Ulum (AS) ordered to give her grinned Lentil (lentil Suwayq), she ate it and got better.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Lentils (lentil Suwayq) removes thirst, strengthens the stomach and treats 70 pains, it removes gall and increases internal power.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: While the Prophet was sitting in his place of prayer a man from the Ansar called Abdullah bin Tyhan came to him and said: O Messenger of Allah, I sit before you, and listen to you a lot but my heart does not soften and I do not cry. Prophet Muhammad (PBUH) said to him: O Tyhan son! Lentil be upon you. Have it because it softens your heart and increases you tears and 70 prophets have asked God to sustain its usefulness.

Imam Ali Ibn Musa al-Reza (AZ) said: Lentil be upon you because it is holy. It softens your heart and increases you tears and 70 prophets have cleansed it the last one is the Jesus (Hazrat Isa (AS)).

N. Camphor in narratives and hadiths

Prophet Muhammad (PBUH) said: The Messenger of Allah (PBUH) said, describing paradise carpets: It the paradise rooms there are vast carpets made of silk and dibaj. There are Amber ,musk and camphor, and that is the promise of God.

Imam Hasan ibn Ali al-Mujtaba (AZ) said:. Near the head of Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) we found a golden tray full of 5 scented materials from the heaven camphor and a cedar.

Asma bint Amish said: As the testimony of Lady Fatima Zahra (SA) was near, She said: O Asma ', Gabriel brought camphor from heaven in my father's funeral and he divided it into 3 parts: One for himself, one for Ali (AS) and one for me. Bring this camphor and put it near my bed. I brought the camphor.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Camphor is the perfume of the dead.

Quoted from Jamil ibn Salih I told Imam Jaffar Ibn Muhammad al-Sadiq (AZ): We have a young daughter that sees the stars as a galaxy. He said: Yes and sometimes like a seed? I said her eyes are weak. He said: Make kohl from knapweed, vera and camphor. We kohled her with them and it helped her.

Quoting Ibn Mahboub from another narrator: A man suffering from a sore eye came Imam Jaffar Ibn Muhammad al-Sadiq (AZ) and he said: are you ignorant of knapweed, vera and camphor? He did so and recovered.

Quoting Ibn Abi Ameer from Salim an affiliate of Ali ibn Yqtyn that: He (Ali ibn Yqtyn) was suffering from a sore eye and Imam Musa Ibn Jaffar al-Kazim (AZ) pres cribbed him without being asked: What keeps you from Abu Ja'far (Imam Muhammad Baqir Ibn Ali al-Ulum (AZ)) kohl? A Rabah Camphor share, a Asqtry vera share must be grinded and sifted and put on the eye as a kohl one a month to remove pain from the body. He (Ali ibn Yqtyn) used the kohl and he never has a sore eye again.

O. Pumpkin in narratives and hadiths

Prophet Muhammad (PBUH) said: Pumpkin be upon

you, as it increases intelligence and make the brain bigger.

Prophet Muhammad (PBUH) said: Eat pumpkin because if God had a better tree, he would raise it for my brother Jonah. Put pumpkin in your borsch to increase your intelligence.

Prophet Muhammad (PBUH) said: Whoever eats pumpkin with lentils god softens his heart and his sexual desire is increased.

Prophet Muhammad (PBUH) said: Put a lot of pumpkin in your food to remove sadness.

Prophet Muhammad (PBUH) told Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ): eat pumpkin because whoever eats it becomes well behaved and happy. The pumpkin is my food and the prophets before me. Anas said: A sewer invite the Prophet Muhammad (PBUH) and brought his a food with pumpkin and oil, I saw that the Prophet Muhammad (PBUH) eats the pumpkin from the side of the dish, as I saw that the Prophet Muhammad (PBUH) like the pumpkin I loved it as well and also said: The Prophet Muhammad (PBUH) loved pumpkin and he gathers the pumpkin and ate it and in a party they brought him pumpkin and he searched for pumpkin and ate them.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Eat pumpkin because it increases your intelligence and the Prophet loved it.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Eat pumpkin and do not cut the head so that the devil would no make you a coward.

Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: pumpkin has broad leafs and they can be used as an umbrella the flies do not sit on its leafs and Jonah because of being in the fish's stomach had such a thin skin that he was easily bothered by the insects so he covered his body with these leafs to be protected from the sun and insects.

Imam Ali Ibn Musa al-Reza (AZ) said: The pumpkin plant is Daba and retort.

Zar' said: I told Imam Jaffar Ibn Muhammad al-Sadiq (AZ) is there a tradition of Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) quoted about pumpkin and he said: Eat pumpkin because it increases the intelligence, is that right? Imam Jaffar Ibn Muhammad al-Sadiq (AZ) said: Yes, and I would add that it is also useful for colic pain.

P. Tamarisk in narratives and hadiths

Pulpit of the Prophet Muhammad (PBUH) was made of tamarisk wood.

Q. Toothbrush in narratives and hadiths

Prophet Muhammad (PBUH) said: Two rak'ats of prayer with toothbrush is better than 70 rak'ats without toothbrush.

Amir al-Mu'minin Imam Ali ibn Abu Talib (AZ) said: Brushing lightens the eyes.

R. Banana in narratives and hadiths

(Talh) the plural form of (Talha), means the banana tree. As is a narration by Ali (AS) it is used in the same sense.

Yahya Samghani said: I came to Imam Ali Ibn Musa al-Reza (AZ) and as he had Imam Muhammad Ibn Ali al-Taqi on his knees, he peeled the banana and gave it to Imam Muhammad Ibn Ali al-Taqi.

CONCLUSIONS

Health is a religious value, and taking care of it is a responsibility of any Muslim. God has determined some healing agents for treatment. Quranic plants are among these agents. In the current study by the help of Islamic texts (hadiths), this healing power was introduced.

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