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Botanical Insights From Quranic Plants: Ancient Remedies, Spiritual Wisdom, And Modern Health- A Review

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ABSTRACT

Muslims have long held the belief in the oneness of Allah and the completeness of Islam as a religion, with the Holy Quran serving as the ultimate reference book that encompasses guidance for all human needs. Among the wealth of knowledge contained within Islamic teachings are references to the uses of plants for various purposes. In this study, information on the uses of medicinal plants has been systematically gathered

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from the Holy Quran, Hadiths (sayings and actions of the Prophet Muhammad), Islamic history, and books dedicated to Islamic medicines. The present review delves into the utilization of 35 medicinal plant species, representing 30 genera from 23 families, all of which find mention in the Quranic texts. These Quranic plants include a diverse array of species *Allium cepa* L., *Beta vulgaris* L., *Acorus calamus* L., *Allium sativum* L., *Cichorium intybus* L., *Trigonella foenum-graecum* L., *Lagenaria siceraria* Standl., *Saussurea lappa* (Decne.) Sch.Bip. ex Aitch. *Thymus serpyllum* L. *Hordeum vulgare* L. *Agaricus campestris* L., *Boswellia carterii* Birdw., *Boswellia serrata* Birdw., *Cassia senna* (L.) Roxb., *Cinnamomum camphora* (L.) J.Presl., *Citrullus lanatus* (Thunb.) Matsum. & Nakai, *Citrus aurantifolia* (Christm.) Swingle, *Commiphora molmol* Engl. ex Tschirch, *Cydonia oblonga* Mill., *Ficus carica* L., *Flemingia grahamiana* Wight & Arn., *Lawsonia inermis* L., *Lens culinaris* Medik. *Lepidium sativum* L., *Nigella sativa* L., *Ocimum basilicum* L., *Olea europaea* L., *Phoenix dactylifera* L., *Punica granatum* L., *Salvadora persica* L., *Saussurea lappa* (Decne.), Sch.Bip. ex Aitch., *Trigonella foenum-graecum* L., *Thymus serpyllum* L., *Vitis vinifera* L. and *Zingiber officinale* Roscoe. The multifaceted applications of these plants in traditional Islamic medicine are explored, shedding light on their roles in promoting health and treating ailments.

Plants, considered an integral pillar of the universe, have been harnessed by humanity for centuries to address a myriad of health concerns. The knowledge and practices associated with these Quranic plants represent a testament to the wisdom embedded within Islamic teachings and the Quran's timeless relevance. By documenting the medicinal uses of these plants, this study seeks to contribute to the preservation and dissemination of this valuable knowledge for the benefit of human well-being. It underscores the enduring connection between nature, spirituality, and the pursuit of holistic health as guided by the teachings of Islam.

This comprehensive exploration of Quranic plant uses offers a bridge between traditional healing wisdom and modern scientific understanding, providing a rich tapestry of botanical knowledge that has the potential to enhance healthcare practices and inspire further research in the field of ethnobotany and traditional medicine.

Introduction:

Muslims firmly adhere to the belief that the Holy Quran, over a span of 23 years, was divinely revealed to the Holy Prophet Muhammad (Sallallahu Alaihe Wasallam) by the Angel Gabriel (Loukas et al., 2010). The Holy Quran is not merely considered a spiritual guide; it is revered as a comprehensive source of moral and behavioral principles for Muslims (Aboul-Enein et al., 2014; Mahjoob et al., 2014; Jamilian, 2012; Abdel Khalek, 2011). It is regarded as a repository of wisdom and guidance that addresses all aspects of human life and offers solutions to myriad challenges faced by humanity (Danish et al., 2018).

The legacy of Islamic medicine traces its roots to the time of Hazrat Adam (Alaihe Salaam) and culminated with the teachings of Hazrat Muhammad (Sallallahu Alaihe Wasallam). Remarkably, even after the passing of the Holy Prophet (Sallallahu Alaihe Wasallam), the practice of Islamic medicine continued to flourish and impact communities worldwide (Ahmad et al., 2009; Yari et al., 2011).

Holy Quran serves as an all-encompassing reference, containing knowledge related to

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various plants. This research aims to compile a checklist of medicinal flora referenced in the Quran, Hadiths, Islamic literature, and cultural traditions, with the overarching goal of promoting the well-being of human communities. Quranic references to medicinal plants are dispersed throughout Surahs such as Al-Momeenoon, Al-Rehman, Al-Bakra, and Al-Inaam, and the wisdom they impart holds relevance in the modern world (Nasr S.H., 1976).

Islamic history reveals that Muslim scholars began their exploration of medicine as early as the second century. Noteworthy figures such as Imam Ibn Al Qayyim Al Jawziyyah, Ali bin Mossa Raza, Imam Kazim Bin Jaffar, Abi Jaffar Almustaghfiri, and others made significant contributions. Contemporary works, such as "Alnabvi fee Mannafal Makalat" by Abdul Razzaq Altanki, continue to provide valuable insights into the medicinal practices of the Holy Prophet (Sallallahu Alaihe Wasallaam) (Ahmad et al., 2009).

Verses of the Holy Quran that touch upon various scientific topics, including astronomy, geology, embryology, genetics, biological sciences, and archaeology (Khapagi et al., 2006). Additionally, it offers guidance on Islamic rules and policies aimed at addressing health-related issues (Azarpour et al., 2014). For adherents of Islam, the Quran imparts instructions regarding nutrition and the use of medicinal remedies (Khattak et al., 2011). Islamic countries underscore the importance of Quranic guidance in maintaining a healthy lifestyle and preventing chronic diseases (Mottaghi et al., 2011).

Mentions 19 gifted plants and fruits, including Alhagi maurorum (Sura Al-Araf verse 160), Allium cepa (Surah Ad-Dahr verse 17), Allium sativum (Surah Ad-Dahr verse 17), Brassica nigra (Surah Al-Zalzalah (The Earthquake), verse 7) and others. Furthermore, certain verses in the Holy Quran emphasize the importance of treatment and remedies, showcasing its role in providing essential healthcare guidance, as evident in Surah Fusilat 41:44 and Al-Isra ' 17:82 (Al-Banna, 2010).

The Holy Prophet (Sallallahu Alayhi Wassallam) actively utilized various medicinal plants to address common ailments, with these practices being diligently documented by his companions and relatives (Radiallaho Anhum).

Method and Materials

1. Quranic References and Dietary Guidance:

Within Islamic teachings, the Quran serves as a guide encompassing verses that provide not only spiritual guidance but also insights into maintaining health through dietary choices. It encourages the consumption of nutritionally sound foods for the promotion of robust and secure well-being. This study's methodology entails:

Comprehensive Quranic Text Analysis: A comprehensive analysis of the Holy Quran was undertaken to identify verses that offer guidance on health and nutrition. This involved a meticulous examination of Surahs (chapters) and other relevant Quranic sections.

Incorporation of Hadiths and Islamic Literature: In addition to the Quran, Hadiths (sayings and actions of the Holy Prophet Muhammad, Sallallahu Alaihe Wasallam) and Islamic literature were consulted to corroborate and expand upon the dietary and health recommendations found in the Quran.

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Integration of Cultural Traditions: The study incorporated insights from cultural practices and traditions of Islamic communities, recognizing that these traditions often contain valuable wisdom regarding dietary habits, nutritional choices, and the preservation of good health.

2. Taxonomic Identification:

Verification of Plant Species: The plant species referenced in Quranic verses and associated dietary guidance were meticulously identified and authenticated using botanical literature, taxonomic keys, and expert consultation. Each species was assigned its scientific name along with the relevant authority.

3. Compilation of Dietary and Medicinal Information:

Examination of Islamic Sources: A comprehensive examination of Islamic texts, including the Holy Quran, Hadiths, and scholarly works, was undertaken to compile information regarding dietary guidelines, the nutritional value of foods, and the medicinal properties of specific plant species.

4. Development of a Medicinal Plant Checklist:

Compilation and Structured Documentation: The compiled information concerning plant species, their nutritional attributes, and medicinal applications was methodically organized into a structured checklist. Each entry in this checklist includes the scientific name (along with the relevant authority), Quranic reference, Arabic name, English name, Hindi name, botanical family, geographical distribution, parts of the plant used, medicinal properties, and references sourced from the Holy Quran and Hadiths.

5. Verification and Peer Review:

Expert Authentication: The compiled checklist underwent a comprehensive review by a panel of experts encompassing botanists, Islamic scholars, nutritionists, and specialists in traditional Islamic medicine. This review process aimed to ensure the precision and authenticity of both the botanical and religious references presented.

6. Ethnobotanical and Nutritional Context:

Exploration of Ethnobotanical Significance: The ethnobotanical context surrounding each plant species, inclusive of traditional uses for nutrition and health, was explored to provide insights into their roles within the dietary traditions of Islamic communities.

7. Integration of Contemporary Nutritional and Medical Research:

Contemporary Scientific Insights: Current scientific research and studies concerning the nutritional and medicinal attributes of the identified plant species were reviewed comprehensively. This served to offer a well-rounded understanding of their potential contributions to health and well-being.

8. Compilation of Quranic Verses and Hadiths:

Inclusion of Quranic Verses and Hadith References: Each entry within the checklist comprises the pertinent Quranic verses and Hadith references that mention the plant species, elucidate its nutritional value, and expound upon its medicinal uses.

9. Documentation and Presentation:

Final Checklist: The culminated checklist, encompassing Quranic references to medicinal plants and nutritionally valuable foods, was prepared for documentation and presentation.

This structured methodology endeavors to compile, substantiate, and present Quranic references related to medicinal plants and nutrition, contributing to an enriched

understanding of dietary practices and health guidelines within the context of traditional Islamic teachings and modern healthcare.

Results

The Quran and Alhadith have provided confirmation of 35 distinct plant species, encompassing a wide array of 23 plant families (Table 1). These plants have found a prominent place in various facets of human life, serving as vital resources for medicine, sustenance, industry, and even as fragrant components in spiritual rituals. This comprehensive dataset has been meticulously compiled from references within the Holy Quran and Alhadith, resulting in a structured tabular representation that includes crucial details such as Botanical name, English name, Local name, Arabic name, Family, Habit, Distribution, Parts used, and Medicinal uses.

Beyond their practical applications, these Quranic plants offer a treasure trove of essential nutrients, including vitamins, minerals, and salts. Their consumption plays a pivotal role in safeguarding human health, owing to their rich content of water, sugar, fat, protein, and a spectrum of vitamins. This enduring relationship between humanity and medicinal plants traces back over 1400 years, a testament to the enduring wisdom found in these sacred texts. Indeed, the Holy Quran extols these plants as divine gifts and heavenly fruits bestowed by the Creator, underscoring their profound significance in our lives.

Table 1. Use of Quranic Plants with references

Botanical Name	E/Name	A/Name	L/Name	Family	Distribution	Part Used	Medicinal use	Reference Al-Quran	Reference ALhadith
<i>Allium cepa</i> L.	Onion	Basal	Pyaz	Alliaceae	Pakistan, India, China, Russia, America and European countries	Bulb, leaves and seeds.	Stomach diseases, throat infection, common cold, menstruation and intestinal diseases.	Verse no. 68 (Surah Baqra 1)	1. Bukhari Ravi: Jabir bin Abdullah (Kitabut-Tib 3). 2. Muslim Ravi

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									(Jabi r Bin Abdu llah) Chap ter (Ab wab ul Atta mah 4) 3. Ibne Maja Ravi (Mah dan Bin Abu Tala h 5) 4. Al- Jozi (Ibn- ul Qayy im. Zadu l Maa d 6).
<i>Beta vulgari s</i> L.	Beet root	Silq, banjar	Cho qan dar	Cheno podiac eae	India, North Africa, Europe , Ireland and Pakista n	Root s and leave s	liver infectio n, muscle weakne ss, skin disease, hepatiti s, womb disease		1. Bukh ari Ravi (Sah al bin Saha d (Kita bul- Atha

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							s and vaginal pain		ma 8). 2. Ibne Majja (Kita but-Tib 9).
<i>Acorus calamus</i> L.	Sweet flag	Zareera, Oudul waj	Zareera	Acoraceae	N. and C. America, Europe, Asia.	Roots	Eye diseases, stomach pain, conception, paralysis, malaria and arthritis		1. Bukhari Ravi a (Haz rat Ayes ha Siddi qa) Kitab ul-libas 3 . 2. Al-Jozi (Alja wziy ya), Ibn-ul Qayyim (Zad ul Maa d 6)
<i>Allium sativum</i> L.	Garlic	Soom	Ruhun	Alliaceae	Egypt, Italy, France, Pakistan, China,	Bulb	Antidote, wound healer, dog	Vers e no. 61, (Sur ah Baqr	1. Bukhari Ravi (Haz rat

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					India and USA		bite, cough, hysteria, headache, tuberculosis.	a 1)	Anas) and (Kitab ul Tam aih 3) 2. Muslim Ravi (Abu Ayub 4). 3. Ibne Majja a Ravi (Umer bin Alkh itab 5). 4. Al-Jozi , Ibn-ul Qayyim (Zad ul Maa d 6).
<i>Cichorium intybus</i> L.	Chicory	Hind-Baa	Kasni	Asteraceae	Europe , New Zealand, Pakistan, and India	Leaves, flower, roots and seeds.	Eye diseases, hepatitis, liver diseases, kidney stones and		1. Bukhari Ravi (Mohammad Bine Abu Baka

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							diarrhea		r Al.K aim 3) 2. Al- Jozi Ibn- ul Qayy im. (Zad ul Maa d 6).
<i>Trigonella foenum-graecum</i> L.	Fenugreek	Helba	Maitai	Papilionaceae	Pakistan, Kashmir, India, S. Europe, Orient, Arabia, Ethiopia	Seeds and leaves.	Cough, stomach pain, piles, dandruff, baldness, lactagogue i.e. to stimulate milk production in mammary glands		1. Tib-Nabin Ravi (Qasim Bin Abdul Rehman 7). 2. Al-Jozi Ibn-ul Qayyim. Ravi (Ahmed Zahbi and Zaidul

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									Maa d 6).
<i>Lagena ria sicerar ia</i> (Molin a) Stan dl	Squa sh	Yaktee n, Daba	Aal, kad oo	Cucur bitace ae	Found all over the world.	Fruit and leave s	Piles, commo n cold, kidney and liver disorde r and heart disease s.	Vers e no. 48 Sura h Al. You nis	1. Bukh ari Shari f (Kita b ul Tam amia h 3). 2.Ibn -e- maja (Bab ul Daba 5) (Ibn- e- Maja ., et al). 3. Ibn e Maja Ravi (Ana s Kitab ul- atha ma 6).
<i>Saussu rea lappa</i> (Decne) Sch.Bi p.	Cost us	Kustul Bahri	Kut h	Astera ceae	Europe an countri es, Pakista n, Kashm ir and	Root s	Carmin ative, stimula nt, antisept ic, prophyl actic and		Tib- e- Nabv i and scien ce 36.

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					Northern Areas		astringent.		
<i>Thymus serpyllum</i> L.	Wild thyme	Zatar	ajwa in	Lamiaceae	Iran, Iraq and Afghanistan, Kashmir	Leaves	Germicides, kill the insect of belly and cough in strengthen lungs.		Al-Jozi Ibn-ul Qayyim Ravi (Mohd Ahmed Zahbi Tibbe-Nabvi 6).
<i>Hordeum vulgare</i> L.	Barley	Shair	Jao/Vishkeeh	Poaceae	India, Pakistan and America	Fruit	Heart diseases, maintain cholesterol level, jaundice and cooling effect.		1. Bukhari Ravi a Hazrat Ayesha (babul Haizul Shahir 3). 2. Bukhari Ravi a (Aisha Kitabul-Atha

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									ma 3). 3.Al- Jozi (Ibn- ul Qayy im Zadu l Maa d 6).
<i>Agaric us campes tris</i> L	Mus hroo m	Esh El- Ghorab	Khu nbii	Agaric aceae	Cosmo politan	Who le part	Eye disease s, clear eyes, physica l strengt h, germici de, muscle pain and headac he		1. Bukh ari Ravi (Sae d Bin Zaid 18). 2. Sahi h-Al- Musl im Ravi (Sae d bin Zaid Kitab ul Ashr aba (21). 3.Ibn e- Majj a Ravi (Sae d Bin Zaid 20.

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<i>Boswellia carterii</i> Birdw	Indian frankincense	Leeban	Lobban	Buseraceae	Somalia, Ethiopia, Oman, Yemen	Gum of stem	stomach pain, wound healer, throat swelling and tuberculosis and insecticide.		1. Al-Jozi (Tibb-e-Nabvi 19). 2. Baihaqi (23)
<i>Boswellia serrata</i> Birdw	Frankincense	Kundur	Gogle	Burseraceae	India and Pakistan	Gum of stem	high level of memory, clear urine, testes/anus swelling and baldness.		1. Tibb-e-Nabvi and modern science Ravi (Anas Bin Malik R.A 11). 2. Al-Jozi (Tibb-e-Nabvi 24).
<i>Cassia senna</i> L.	Senna	Sanamaki	Sana, sanamaki	Caesalpiniaceae	Pakistan, India, Algeria, Libya, Egypt, Sudan, Eritrea,	Leaves and fruit	Remove poisonous substance from digestive system, laxative		1. Ibne Majja Ravi (Abu-bin-Ume - Hara

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					Somali a Republ ic, Saudi Arabia, Kenya and Moza mbiqu		e and stimula nt.		m 20). 2. Al- Jozi (Zad ul Maa d 19).
<i>Cinna momu m camph ora L</i>	Cam phor tree	Kafoor	Kaf oor	Laura ceae	India, Sri Lanka, Japan and China	Leav es and bran ches	Teeth swellin g, cholera , high breast pain, wounds , sexual power increas e.	Vers e no.1 5 and 1, Sura h- Al- insan e.	1. Bukh ari (Kita b ul Tib 18) 2. Musl im Ravi Ume - Atiya (Kita bul- Jana yez 21). 3. Al- Jozi (Zad ul Maa d 19).
<i>Citrulu s lanatus (Thunb) Matsu mura</i>	Wate r melo n	Al Bataig h	Tarb ooz	Cucur bitace ae	Americ a, China, Africa, India and Pakista	Fruit and seed s	Kidney pain, clear the urine, face brightn		1. Ibne- Maja Ravi Sahal bin Saha

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					n.		ess, increas e immuni ty and for cold effects.		d (Kita bul- Al Atha ma 20). 2. Trim zi (Ab wab ul Tami ah 23). 3. Al- Jozi (Zad ul Maa d 19).
<i>Citrus auranti folia</i> L	Lime	Laymu n	San gtra or Nar angi	Rutac eae	India, Pakista n, Spain and Americ a	Fruit , juice , bark and seed s	Digesti ve disorde r, hepatiti s (A,B), heart piller, liver infectio n, diabete s, intestin al pain and skin depleti on.		1. Bukh ari shari f Ravi (Abu Muss a Alas hari 180.

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<i>Commiphora molmol</i> Engl. ex Tschirch	Myrrh	Murr	Murmukhey	Burseraceae	Ethiopia, Iran, Thailand and West-Arabia	Gum of stem	Wound healer, sneezing/coughing, and swelling of urinary disease		1. Baihaqi Shab alaiman Ravi (Abdullah-bin-Jaffer 14)
<i>Cydonia oblonga</i> Mill	Quince	Safarjal	Bahi	Rutaceae	Pakistan, Burma, Indo-China, at ± 1200 m alt	Whole plant	Heart diseases, diarrhoea and dysentery		1. Ibne-Majah Ravi (Hazrat talha (Kitabul-Atama 20). 2. Al-Jozi (Zadul Maad 19). 3. Hayat-ul-Hywan (25).
<i>Ficus carica</i> L	Figs	Teen	Anjeer	Moraceae	Mediterranean Region and S.W.A	Bark, leaves, Milk	Stones from kidney and liver, intestine	Verse no.1 to 4 (Suraah	1. Bukhari shari f 18. 2.

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					sia: Afghan istan, Pakista n and India		al pain and dyspep sia	Teen 23).	Al- Jozi (Zad ul Maa d 19).
<i>Flemin gia graha miana Wight and Arn</i>	Mem cylo n (Tint ura)	Warus	Ka mail a	Fabac eae	Sudan, Yemen and Sri Lanka	Leav es extra ct	Tuberc ulosis (T.B), throat infectio n, constip ation, piles, leukori a and kidney stone		1. Ibne- Maja Ravi (Zaid Bin Arka m 20). 2 Al- Jozi (Zad ul- Maa d 19).
<i>Lawso nia inermis L</i>	Hina	Henna	Meh ndi	Lythra ceae	Africa and Asia.	Leav es, bran ches and flow ers	Protect the skin, heal the muscle and chicken pox wound, constip ation and vaginal pain		1. Trim zi 23. 2. Tib- e- Nabv i Ravi (Haz rat Ayes ha 11). 3. Bukh ari shari f (Kita b-ul-

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									Tib 18). 4. Ibne- Maja Ravi (Kitb u-Tib 20). 5. Al- Jozi (Zad ul- Maa d 19).
<i>Lens culinar is Medic</i>	Lenti ls	Adas	Mas oor	Papili onace ae	Native countr y uncerta in, widely cultivat ed in Europe , Asia etc	Seed s	Malene ss, measle, paralys is, commo n cold, parkens is, face clearne ss, eye infectio n, digesti ve disease s.	Vers e no. 61 Sura h Al Baqr a 22).	1. Al- Jozi (Alja wziy ya), Ibn- ul Qayy im, Tibb- e- Nabv i (Urd u Tans. by Haki m Aziz ur Reh man A'z mi and

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									Mukhtiar Ahmad Nadvani) [24].
<i>Lepidium sativum</i> L	Water cress	Habbul Rashad	Hubbe-Rishad	Brassicaceae	Abyssinia, Afghanistan	Leaves and juice	insecticide, body pain, arthritis, constipation, menstruation and digestive infection.		1. Al-Jozi (Zad-ul-Maad 18).
<i>Nigella sativa</i> L	Black Seed	Hubatul-sudda	Clongy	Ranunculaceae	Turkey, Italy, India and Pakistan.	Seed	Waist pain, sexual problems, common fever and menstruation.		1. Bukhari sharif Ravi Abu Hura (Kitab-ul-Tib 18). 2. Ibne-Maja Ravi Salum Bin Abdullah

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									20). 3. Ibn- e- Maja Ravi Abu Hurr era (Kita bu- Tib 20). 4. Tirm izi Ravi (Abu - Hurr era 23). 5. Al- Jozi Ravi (Zad ul Maa d 19).
<i>Ocimu m basilic um L</i>	Swee t basil	Rehan	Reh an, Niaz bo	Lamia ceae	Grown in India, Malay Archip elago, Austral ia, W. Asia, Arabia.	Leav es and seed s	Arthriti s, muscle s pain, pain killer, asthma, piles, hepatiti s and heart blocka ge.	Vers e no. 12 and 13 (Sur ah- Rah man 13)	1. Bukh ari shari f Ravi (Abu - Musa -Al- Asha rii 18).

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									2. Trim zi (Bab-ul-Tib 23). 3. Al-Jozi (Zad ul-Maad 19)
<i>Olea europaea</i> L	Olive	Zaiyton	Zaiyton	Oleaceae	Found in Central Asian countries	Fruit and oil	eczema, baldness, kidney stone, pancreas pain, maleness, cold, stomach and respiratory problem	Verse no.191 (Surah Alanam) verse no.11 (Surah Alnahal); verse no.35 (Surah Alnnor) verse no.1 to 4 (Surah Teen 22).	1. Bukhari sharif Ravi (Khalid-Bin-Saad 18). 2. Trim zi (Abwab-ul-atmah 23). 3. Ibne-Majja Ravi (Zahid Bin-Arkum

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									20). 4. Al- Jozi (Zad ul- Maa d 19)
<i>Phoenix dactylifera</i> L	Date palm	Nahal, Balah, Tamm ar, Rutab, etc.	Kha joor	Areca ceae	N.Afri ca, India (Rajist an, Mahar ashter), Iraq, S.Arab ia, Pakista n	Fruit	Intestin al pain, heart disease s, wound healer, diarrhe a, sexual proble ms, stomac h pain, piles, and sound proble ms	Vers e no.6 (Sur ah- Baqr a); verse no. 99 (Sur ah- Al- Ana m); verse no. 4 (Sur ah- Al- Raha d); verse no. 11 and 27 (Sur ah- Al- Naha l); verse no.9 1 (Surr	1. Ibne- Maja Ravi (Bus sar R.A 20). 2. Trim zi shari f 23. 3. Bukh ari shari f Ravi Anas -Bin- Mali k 18). 4. Al- Jozi Ravi (Ibn- e Ume r Zadu l- Maa d

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								ah Al Israa); verse no.3 6 (Sur ah- Al- Kaha f); verse no.2 3 and 25 (Sur ah Mari am); verse no.1 48, (Sur ah Shur ah); verse no.7 1 (Sur ah Taha); verse no.3 4 (Sur ah Yase en); verse no.6 0	19).
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								(Sur ah- Al- Qam ar); verse no.1 1 to 28 (Sur ah- Rah man) ; verse no.7 (Sur ah Al Haq qa); verse no.3 9 (Sur ah Abb us 22).	
<i>Punica granat um L</i>	Pom egra nate	Rumm an	Ana r	Punic aceae	Chilli, Iran, Afghan istan, India, Pakista n and Europe an countri es	fruit	Stomac h cough, hepatiti s, muscle pain, heart and liver disease s, piles, diarrhe a and dysente	Vers e no. 99 (Sur ah- Al- Anaa m); verse no.1 41 (Sur ah- Al- Anaa	1. Al- Jozi (Ibn- ul- Qayy im Zadu l Maa d 19).

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							ry	m); verse no.6 9 (Sur ah Reh man) .	
<i>Salvad ora persica</i> L	Toot h brus h tree	Arak	Peel u	Salva dorace ae	Found in desert parts of the world.	Bran ches and roots	Oral disease s, antidot e, diabete s and digesti ve proble ms		1. Bukh ari shari f Ravi Jabbi r- Bin- Abdu llah (Kita b ul Tib1 8). 2. Al- Jozi Ravi (Zad ul- Maa d 19).
Saussu rea lappa L	Cost us	Kustul Bahri	Kut h	Astera ceae	Europe an countri es, In Pakista n (Kash mir and Northe rn	Root s	Constip ation, vaginal infectio n and tubercu losis		1. Tib- e- Nabv i and mode rn scien ce 11).

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					Areas)				
<i>Trigonella foenum-graecum</i> L.	Fenugreek	Helba	Maitahi	Papilionaceae	Pakistan, Kashmir, India, S. Europe, Orient, Arabia, Ethiopia	Seeds and leaves.	Back pain, seeds in a form of powder used for diabetes, and also use to stimulate milk production in mammary gland.		1. Tibb-e-Nabvi Ravi (Qasim-Bin-Abdul Rehman 1). 2. Al-Jozi Ravi (Ahmed Zahbi bab Zadal-Maad 10).
<i>Thymus serpyllum</i> L.	Wild thyme	Zatar	Sattar Ban-ajwain	Lamiaceae	Iran, Iraq and Afghanistan	Leaves	Relief from swollen of stomach, liver, common cold and kill the insect of belly		1. Al-Jozi Ravi (Mohammad-Ahmed-Zahbi Tibb-e-Nabvi 25).

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<i>Vitis vinifera</i> L	Grap es	Inab	Mun aqqa	Vitace ae	France, Germa ny, Spain, Pakista n and India	Fruit juice	Relax muscle s, proble ms, cooling effects on body, kidney and urinary pain, dog bite, remove weary, clear the face and cancer.	Vers e no.1 60 (Sur ah- Al Naha l); verse no.9 1 (Sur ah Israa); verse no. 266 (Sur ah- Al- Baka ra); verse no.1 1 and 67 (Sur ah- Al- Nahl); verse no.3 2 (Sur ah- Al- Kaf); verse no.1 9 (Sur	1. Bukh ari shari f Ravi (Ibne - Abba s 18). 2. Al- Jozi Ravi (Zad ul- Maa d 19.
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								ah-Al-Mu men oon); verse no. 34 (Sur ah-Yass en); verse no.7 8 (Sur ah-An-Naba) and verse no.9 9 Sura h-Al-Anaa m (22).	
<i>Zingibe r officina le</i> Roscoe .	Ging er	Zanjab il	Adr ak or Sont h	Zingib eracea e	Bangla desh, Yaman , Oman, Seralo ne, India and Pakista n	Fruit	Sexual proble ms and increas e urine product ion for the patient of diabete s for the patient of	Vers e no.6 8 (Sur ah-Al-Baqr a 22).	1. Bukh ari shari f Ravi (Abd ullah -Bin-Jaffe r (R.A) 18). 2. Musl

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							diabetes		im Ravi (Abdullah Bin Jaffer (R.A) 21). 3. Al-Jozi (Bab Zadal-Maad 19).
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Conclusion

Holy Quran and Ahadith contain invaluable knowledge about medicinal plants that has been documented for over 1400 years. These natural remedies have been utilized to address a wide range of human ailments, with the added advantage of having fewer side effects when compared to synthetic medicines, which are often considered unsafe for both human health and the environment.

The approach to treating diseases, as described in Islamic teachings, involves both prayers and the use of medicinal plants (Ahmad *et al.*, 2009). Notably, our Holy Prophet himself advocated the use of medicinal plants like *Hordeum vulgare* (Barley) for conditions such as heart diseases, constipation, and vitality (Omer, F., 2015). *Olea europea* (olive) is another example discussed in the Holy Quran and Ahadith, employed for treating skin diseases, addressing baldness, and as a painkiller. The wisdom encapsulated in these teachings is profound, with references even indicating that olive oil can resolve seventeen different ailments (Abu Naeem, Ravi, Hazrat Abu Haraira).

It's worth noting that the knowledge of medicinal plant uses has spread across the world as our Holy Prophet envisioned (Ahmad *et al.*, 2009). However, it is unfortunate that in many regions, especially among impoverished populations, access to modern medicine and healthcare remains limited and costly. In such localities, the cost of purchasing prescription drugs can be prohibitive.

Given these circumstances, the references drawn from the Holy Quran, Ahadith, and Islamic books play a crucial role in empowering the less privileged, ensuring that they have access to the healing properties of these plants. This ancient wisdom continues to be a beacon of hope for those seeking safe and effective remedies for their health and well-being.

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