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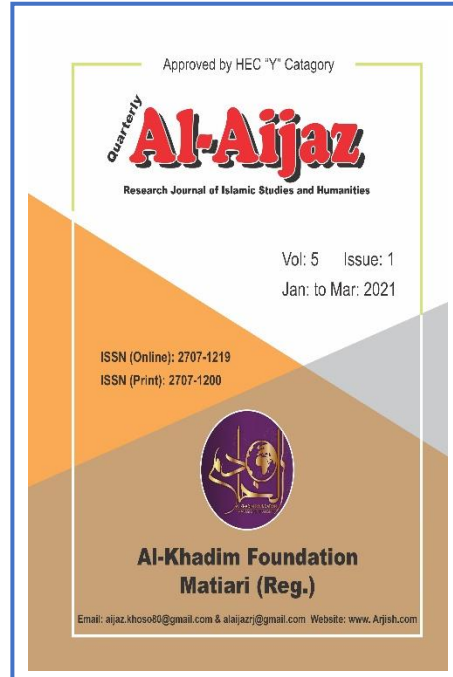
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TOPIC:

Covid-19 and Cure in The Light of Quran and Hadith:
A Systemic Literature Review

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**Covid-19 and Cure in The Light of Quran and Hadith:
A Systemic Literature Review**

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Abstract

COVID-19 is one of the most contagious and deadliest diseases nowadays which started spreading from Wuhan city, China in 2019 and at present has spread globally. The scientists all around the world have miserly failed in finding proper treatment to cure the disease except preventions. This paper systematically reviews the various cures of COVID-19 and other related diseases mentioned in the Holy books preached by Islam. The current study suggests remedies and future directions for conducting further experimental research on these cures. There are various cures for every disease mentioned in the Holy books and the world's scientists need to focus on those cures mentioned in the Holy books and preached by Holy Prophets (peace be upon him). Muslims have a strong believing the cures mentioned in the Holy Quran and Hadiths.

Keywords: COVID-19, diseases, Holy Books, Medicine.

Introduction

In the past, three Corona Viruses have been observed which caused Global health issues SAARS, MERS, and now Corona Covid-19. The SARS which was named SARS-CoV which started in Guangdong in China, and with time it has been outbreak to many countries in Europe, North America, South Africa, and Southeast Asia. It transmitted from person to person which caused coughing or sneezing, through personal contacts such as handshakes and touching. Another Coronavirus which was named MERS-CoV found in the Middle East which caused respiratory distress in people. On December 30, 2019, a patient was diagnosed with a new virus in Wuhan city, China which was named COVID-19. The COVID-19 virus is more dangerous than the previous one and has infected and caused more damage to people and spread countries. Many factors have allowed the virus to be spread globally. The major cause is the person to person contact. The symptoms which are found in people are fever, dry cough, and shortness of breath and, in the most severe cases, have pneumonia. The treatments and cures are still anonymous and are in the process by the doctors and scientists (Guarner, 2020). As per the Centers for Disease Control and Prevention (CDC). March 21, 2020, Locations with confirmed COVID-19 cases, by WHO region is given and around 180 countries have been found infected by COVID-19. According to Centres of Disease Control and Prevention (CDC), on March 18, 2020, there are many preventions are suggested such as the use of antiviral sanitizers and many times in days washing hands with soap at least for the 20 seconds and not touch various parts such

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mouth, nose, and eyes. Furthermore, that is advised to try to stay at home and use a surgical mask while leaving your home for any emergency.

1.1 Cleaning Hands Before Eating

As per instructions of the Prophet, peace be upon him, it is important to wash hands before eating any food and this is also considered as Sunah as well. (SunanTirmidhi, Hadith: 1846, Sunan Abi Dawud, Hadith: 3755, Musnad Ahmad, vol. 5 pg. 441).

1.2 Washing after Using the Bathroom

For the cleanness of private parts, the Hazart Muhammed SAWT suggested using more than 3 stones because at that time there were no toilet papers (“Taharat” in Arabic). Furthermore, he taught Muslims to use water after using stones to ensure they are completely clean.

1.3 Ablution before Prayer

The five times prayers are compulsory for Muslims each day and before these prayers, it is necessary to wash body parts which are known as (Wudu in the Arabic language). This is how an individual can protect themselves from various diseases caused by a virus. In this way due to regular cleanness of various body parts surely, protect an individual from many dangerous diseases.

1.4 Protecting the Face While Sneezing

According to the Prophet SAWT educated Muslims cover their faces while sneezing with any clean cloth. In the light of Islam now it can be noticed that the Muslims were taught very earlier to reduce the spread of such viral diseases among society.

2. General Overview on COVID-19

According to Advisory Group of Infectious Hazards (2020), it tells about the spread of COVID-19 into humans from animals from November to December 2019. The first case was found in Wuhan, China and that virus spread from human to human contact. The symptoms of a virus may cause three major patterns such as the initial level it used to attack respiratory track which as result of ARDS acute respiratory distress syndrome and it became more dangerous from 7 to 8 days. The lockdown prevention method was applied by China to Wuhan city to restrict the spread of the virus because there are no vaccines or COVID-19 antiviral is available to cure the disease yet. WHO combined with Stag-IH recommended some techniques to overcome this virus first, close monitoring is needed for possible control of diseases and other factors relating to health. Secondly, better communication is needed towards a population that educates them about the symptoms, self-protection, and treatment. Third, isolation of the patient, if found COVID-19 positive. This disease can be solved only with prevention and tight health policies must be ensured at the government level and the general public. Forth, continuously educate people who are infected and residents outside of china about having no physical contact. Fifth, the key closer observation is needed with the help of WHO suggestions and guidance. The sixth number, all countries throughout the world must ensure required facilities in their

respective countries and foresee infections the level of disease in the old aged and the rest of the population. Seventh, if the disease is spread quickly then there should be a restriction in a public gathering, school closure, remote working, home isolation, and individual provided telephonic and online health and consolation services. Eight, tests and monitoring need to be developed that calculates previous and current infection levels. Last, continued research is needed to understand COVID-19, its prevention, and cure.

Warns about the spread of COVID-19 which has been a serious threat worldwide and healthcare. Still, knowledge about this novel virus and its cure remains limited. The effective option of antiviral therapy and vaccination is currently under process and development. What we can do now is to adopt infection prevention and control measures to prevent the spread of COVID-19 from human-to-human transmission. The health authorities must keep monitoring and educating, the more we get information about this virus and its associated outbreaks, the better we can prevent (Lai et al., 2020).

According to WHO report, "up to now, there is no particular drug recommended to cure or avoid COVID-19", when the spread of virus started in china, Chinese medicine (CM) approached which included oral management of preventive herbal methods, wearing Chinese medicine sachets, indoor herbal medication fumigation was prescribed for COVID-19 cure and prevention but there are few limitations found in this study (Yang and, Robinson 2020). First, data for using Chinese medicine for pestilence prevention methods were seen, but the word "pestilence" proved to become a bigger conception in ancient Chinese medicine books, which includes COVID-19 virus spread via the digestive tract, respiratory tract and different methods, therefore it might not be considered a complete respiratory viral disease. Next, as there is no authenticate clinical prove for the prevention of COVID-19. Furthermore, the control and monitoring of COVID-19 prevention programs that were provided just after the spread of COVID-19, those were implemented by the specialist, Chinese medicine. The specialist used his previous experience for the cure and prevention of diseases which are similar but the treatment and prevention need to be updated, improved, and re-verified according to clinical application and the evidence of new researches on COVID-19. CM formula is a substitute method for the avoidance of COVID-19 while people all around the world are waiting for the successful vaccine development sooner or later. According to various developed countries, it has been suggesting the vaccine of this virus may take several years to develop and the only prevention is the possible way to fight this life dangerous virus. Not only developing countries are suffering but also developed countries also seem to be equipped less in terms of a solution to this problem.

3. Methodologies

A systematic literature review has been conducted in this study based on objective Corona Virus and cure in the light of Quran and Hadith and published work has been cited related to the topic. The systematic literature review does not generalize the specific topic rather than be specific within certain boundaries. Therefore, secondary data in the form of websites, books, research articles, and periodical reports have been studied on this topic from 2000 to 2019. Google scholar database is used to achieve secondary data.

4. Literature review and Findings

4.1 Cure Using Black Seed (*Nigella Sativa*)

Black seeds are also called black cumin or *Nigella Sativa* or kalonji or 'HabbatulSawda' as it is known in Arabic. The prophet "peace be upon him" has mentioned the importance of black seed and said that it has the cure of all ailments except death. (Sahih Muslim 26:5489 and Sahih Al-Bukhari 71:591,592;) (Zaibag et al., 1076, Sativa et al., 2019, Khan, 2019, Rahman, 2016, Hussain et al., 2016, Salem, 2005 and, Ahmed et al, 2013). Not only the benefits of Black seeds are also mentioned in the books of Islamic hadith but also book of "Holy Bible". It is suggested that the usage of black seeds to treat, fungus, skin infections, fever, wounds, worms, and also stings and bites of poisonous animals. Thymoquinone (TQ), an active ingredient of *black* seeds proved an extensive range of medicinal actions which includes Anti-inflammatory, antioxidant, antimicrobial, hepatic, anticancer, antidiabetic and renal protective activities. Thymoquinone (TQ) and, it has also resulted curable activity against respiratory disorders which includes emphysema, pulmonary fibrosis and asthma (Khan, 2019).

Similarly, mention that Black seeds strengthen the immune system and can cure chronic allergies and hormonal diseases. It is used for soothing and cough. The seeds are effective for asthma. The phytochemical and biological studies suggest that there are 100 healing components are in black seeds which increase the immune system and body's constitution. The black seeds' effectiveness against respiratory disease. The seeds function as an antihistamine that decreases the negative indicators of allergy. It works fine for upper respiratory diseases including asthma, bronchitis. Black cumin is a possible solution for immunity and auto-immune disorders (Husain and, Musharraf, 2016). The seeds work as a relaxant and show both antihistaminic and anticholinergic activities. The thymoquinone in the seeds was observed to be lesser to the asthma drug fluticasone. Moreover, study explained that Anti-inflammatory activity of the black cumin plant, TQ and Nigella on basic and clinical studies. There is also an Antimicrobial effect found in black cumin plant and its essential also effects on metabolic ailments which includes hepatoprotective, antihyperlipidemic, antidiabetic, and metabolic syndrome effects (Havakhah et al, 2016). The next study is about the effect on respiratory disorders, which includes bronchodilator activity on asthmatic patients, protective effect on asthma, and prophylactic effect on respiratory disorders of chemical war victims, all respiratory effects being exercised by its constituent.

Black seeds as a miracle herb that has been used for traditional home remedies used for various diseases, disorders and respiratory systems, liver function, kidney digestion, immune system, cardiovascular, and many more. it has been used in South Asia and middle east countries for the cure of many diseases such as rheumatism, asthma, bronchitis and related inflammatory diseases. The herb can be useful become antibacterial, antifungal, Anti-schistosomiasis, antioxidant, antidiabetic, anticancer, Anti-inflammatory and analgesic, Immunomodulatory, Cardiovascular, Gastro-protective, Nephroprotective, Hepato-protective, Pulmonary-protective, anti-asthmatic, Testicular-protective, Neuro-pharmacological, Anticonvulsant, Anti oxytocic, Toxicological studies, The miracle herb, and its extract can be used to find the cure of many diseases (Ahmed et al., 2013).

A study suggested four types of Dolabellane and nigella mines from the black seed and rigorous process was applied to extract these types of solutions. By High-performance liquid chromatography analysis of black seed oil, thymoquinone (DTQ), and thymoquinone (TQ) that is found to become Nigellone, thymol (THY) and thymohydroquinone (THQ) which are known to be the chief active ingredients. Black seeds also contain other ingredients, which include nutritious properties for example vitamins, mineral elements proteins, carbohydrates, and fats. It also includes eight or nine essential amino acids fractionation of whole black cumin. The unsaturated fatty acids were also extracted which were responsible for oleic acid and linoleic acid. The main separate individual phospholipid classes are phosphatidylcholine, followed by phosphatidylethanolamine, phosphatidylserine, and phosphatidylinositol, correspondingly. Vitamin A was formed from carotene and various seeds were main sources such as potassium, iron, and calcium (Salem, 2005).

4.2 Cure Using Honey

It is defined the importance of honey in the light of the Holy Quran and hadith. There are three types of honey 1) honey of clover, honey of cotton, and honey of citrons (lemons and oranges). The researchers stated that God has sent a message to bees to make use of trees, mountains and flowers and fruits and go through all the ways which God has provided to extract syrup(honey) in many colors (Bhatti et al., 2013 and, Cinkara et al., 2019) . It gives cure to human being. The Quran and Prophet (peace be upon him) say that God says: "There is cure in honey" (Al-Nahl: 69). Ibn-e-Abbass and Jabir ibn-e-abdullah narrated that Prophet Muhammad said there is a cure in three things 1) honey, branding with fire and cupping "Sahibukhari: 584", "(Al-Bukhari: 603). Prophet Muhammad also said honey is cure of every ailment and holy Quran is a medicine of illness of mind (SunaanTirmidhi: 1196).

In addition, It stated that the word "honey" has been mentiis oned twice in the book of the Quran. First, it is in "Surah Al-Muhammad, verse 15" when admiring heaven, God has assured to the righteous people while the streams of pure honey flow in it. Similarly, It is elaborated on the medical properties of honey. It is beneficial for the anemia patients, improves hemoglobin and erythrocyte, it enhances the immune system. Honey consumers have the advantage of hepatoprotection as well as to blood proliferation. Authors also find antifungal, antibacterial, and anti-inflammatory activities. It is also effective against mycosis, diabetes mellitus, bronchitis, and throat aches. The antimicrobial and antibiotic activity is present in all types of Natural honey by which multi-resistant bacteria are found sensitive (Ranjbar et al., 2013).

Moreover, It is identified some scientific research methods and produced some results using honey on respiratory tract infections. This infection is the most common disease in Pakistan and found especially in children. By progressing Lymphocytes proliferation, it boosts the immune system also it is effective in cough, actually better than cough medicines (Abdullah, 2012). In a similar vein, supported the effects of honey intake on human health. These benefits are the promotion of wound healing, enhanced gastric activities, and improved antioxidant capacity, effects on lipid values, antimicrobial activity, modulation of the immune system, and effects on glycaemic regulation (Cortes and, Vigil 2011). One of the proposed hypothetical mechanisms by which many antioxidants (mainly flavonoids and

other phenolic compounds), found in natural honey, may act against the progress of glycaemic regulation disorders by reducing the oxidative stress caused by metabolic alterations, such as hyperinsulinemia, hyperglycemia, and dyslipidemia. A study supported that honey can cure combat infection, clear bladder infection, clear sinuses, fight colds, fight acne, treat burns, control cholesterol, recede arthritis pain, soothe a toothache, fight fatigue, help with weight loss, boost the immune system (Kumar and, Bhowmik 2010).

4.3 Cure Using Pomegranate

It is identified that Pomegranate is a flavorsome fruit. Its seeds are red or white or combination of both. From ancient times the fruit was used for medical purposes. According to the book of the Quran, it has several health benefits (Ranjbar et al, 2013). Furthermore, it is suggested that pomegranate has Anti-inflammatory and anti-allergic properties. The anti-inflammatory properties, for example, punicalin, punicalagin, strictinin A and granatin B decrease the creation of nitric oxide and PGE2 by preventing the pro-inflammatory proteins. Inflammatory cells which are macrophages, neutrophils, and monocytes that may be found to damage nearby tissues, an event thought to be of pathogenic significance in a large number of diseases such as emphysema, atherosclerosis, reperfusion injury, acute respiratory distress syndrome, malignancy and rheumatoid arthritis (Ismail et al., 2012). Pomegranate fruit hydrolysable tannins, which includepunicalagin, penicillin, gallic acid and ellagic acid, show anti-viral elements that moderate influenza and respiratory infections. It is also pointed that Pomegranate fruit has been used in medicine for a wide variety of diseases including upper respiratory tract infections and influenza (Haidari, 2009).

4.4 Cure Using Garlic

It is stated that garlic is used to cure bronchitis and respiratory problems, gastrointestinal problems, high blood pressure, diabetes, flatulence, leprosy, menstrual cramps and various symptoms such as sciatica, neuralgia, muscle pain, corns, and warts. Similarly, Ahmad Wani et al. (2011) showed that garlic is useful in bronchitis, cough, whooping cough, asthma, fever, facial paralysis, flatulence, colic, constipation, cardiopathy, fatigue, leukoderma, leprosy, hysteria, hemorrhoids, sciatica, otalgia, lumbago, swellings, plexopathy, hepatopathy, pneumopathy, arthralgia, sore eyes, atonic dyspepsia, helminthiasis, duodenal ulcers, pulmonary, laryngeal tuberculosis, ophthalmopathy, earache, and dental caries (Kahrizi et al., 2012). Finally, it is found that Garlic is also known as Russian penicillin because Russian physicians used for the cure and treatment of respiratory tract diseases (Petrovska, 2010).

4.5 Cure Using Ginger

It is investigated Ginger's Antibacterial Activity against Isolated Bacteria from Respiratory tract Infections and vulnerability. The high cost of conventional drugs nowadays and low earning communities have raised their interest in natural plants as an alternative to treat infectious diseases. It is helpful to cure a wide range of ailments like cataracts, migraines, struck amenorrhea, heart disease, athlete's foot, fever, cold, flu, bursitis, chronic fatigue, depression, dizziness, coughs, erectile dysfunctions, kidney stones, viral infection, and diabetes. Extracts of methanolic and aqueous of ginger can act as antimicrobial

chemotherapeutics which is useful for the treatment of respiratory tract infections (Pius et al., 2015). Moreover, It is found that Ginger mixed with apple vinegar performs the highest antibacterial effect against most gram-positive and gram-negative bacteria. The study also supports that fresh ginger inhibited human respiratory syncytial virus and infecting upper respiratory tract cells. It has also strong antibacterial and to some extent antifungal elements. Its compounds are active against diarrhea and treating nausea. It also acts as anti-lipid, anti-diabetic, and antioxidant, anti-inflammatory, analgesic, antipyretic and anti-tumor (Hindi and, Prostate 2014).

It is conducted a study in China and determined that the Chinese often have fresh ginger soup to prevent themselves from catching a cold. Furthermore, Fresh ginger can prevent viral spreading by stopping viral attachment and penetration to minimize viral production, its anti-inflammatory properties restrict prostaglandins and inflammatory cytokines. Ginger and its activities work well on the lower respiratory tract and mucosal (A549) cells also inhibit the pathology of the low respiratory tract during HRSV infection (Chang et al., 2013). It showed the result of treating the respiratory tract using ginger. The quantity of the bisabolol to the ginger composition in the effective mixture is such that a tissue irritation lowering action of the bisabolol and the ginger extract composition is improved synergistically for prophylaxis and/or cure of irritations of the respiratory tract and gastrointestinal tract membrane and tissue; mixing of the active mixture and the ingestible carrier or coating in a manner that at least 15 wt-% of the effective mixture to be discharged to lower portions of a respiratory tract, gastrointestinal tract, or both, when the preparation is introduced to the mouth or endodermal tissue or linings of body cavities (Gurney, 2009). It is aimed at finding the antibacterial activity of plant products ginger and bitter kola in Cameroon against respiratory tract pathogens usually affecting people of all ages in the environment. The results of this study concluded that ginger and bitter kola extracts could be better options as compared to other antibiotics mostly used for respiratory tract infections (Akoachere et al., 2002).

4.6 Cure using Figs

A study suggested that fig works against many diseases like digestive, endocrine, reproductive, respiratory systems, urinary tract, and gastrointestinal infection. Fig works well against respiratory diseases for example liver diseases, asthma, and cough also endocrine system. Figs contain Antiviral, Antimutagenic, Anti-angiogenic, Anti-angiogenic, Erythropoietic, Haemostatic, Antimicrobial, Antioxidant, scavenging, Immunostimulant, and Anti warts activity (Badgular et al., 2014). Fig fruit is used in medicine in various disorders. Its root and leaves are used to cure gastrointestinal such as colic, indigestion, loss of appetite, and diarrhea also it works against respiratory issues like sore throats, coughs, and bronchial problems.

It is found that fruit, its root, and leaves are used for gastrointestinal (colic, indigestion, loss of appetite and diarrhea), respiratory (sore throats, coughs, and bronchial problems), inflammatory and cardiovascular disorders (Patil et al., 2010). The study suggests that Fig has been traditionally used for its medicinal properties as metabolic, cardiovascular, respiratory, antispasmodic, and anti-inflammatory benefits (Mehmood et al., 2008).

4.7 Cure using Cucumber

In the study, various antibacterial components of aqueous were extracted from unlike soft tissue of *Isostichopusbadionotus* have been studied. These tissues were very effective for both the respiratory tract and muscle. A great number of antibacterial components extracted from the MP membrane of Protein fraction *Pseudomonas aeruginosa*, *Escherichia coli*, *Staphylococcus aureus*, and *Vibrio cholera* (Salazar et al., 2013). Proteinase K was treated with non-protein and this study revealed new antibiotics from the cucumber. The seeds work against quitting burning sensation, constipation, fevers, and cumin for throat infection (Pulok et al., 2013). Cucumber is mentioned in Sûrah 2. Al-Baqarah, Verse. # 61. (Khan et al., 2009 and Kahrizi et al., 2012).

It is found that the antioxidant potential of Atlantic sea cucumber to be found using this study. Aqueous and organic solvent extracts of the digestive tract, gonads, muscles, and respiratory apparatus are examined for their antioxidative activities and their content of total phenols and flavonoids (Mamelona et al., 2007).

4.8 Cure using Onion

From six thousand years ago the onion was cultivated and juice of onion has been used for the pain, swelling, antiasthma and anti-inflammatory causes. It has been used as a remedy against worm infections, diarrhea, and other infectious and inflammatory diseases. Its extracts of onion oils work well for antimicrobial activities suppressing the growth of intestinal worms, fungi, and bacteria both in vivo and in vitro (Kahrizi et al., 2012).

The common cold sometimes is known as self-limiting infectious which happens due to more than various 100 types of virus. From these 100 types, the coronaviruses and rhinoviruses are accountable from 50% to 70% respiratory illness. But, the influenza viruses did not have the ability to transmission from one person to another person (Lee et al., 2012). New methodologies are needed to prevent and restrict these respiratory infectious diseases. The vegetables are the main source of various vitamins which are considered as an important source in the field of food science. Onion has been cultivated in various parts of Asian countries and used for abdominal pain and in the case of Japan, it is used for the common cold. The active elements of onion also contribute to preventing respiratory infectious diseases, which includes flu. Onion has been mentioned in the Holy Quran Verse #. 68, Surah Baqra and hadith Bukhari (Ravi: Jabir bin Abdullah) Kitabut-Tib (Ahmed et al., 2011).

A study also suggests that Compounds taken from onion are known to have anti-asthmatic activity. Thiosulphates and cepaenes (sulphonyl-disulfides) have been found as the active components and are suggested to mediate their properties through suppression of cyclooxygenase and lipoxygenase mediated reactions which begin eicosanoid metabolism and take to bronchial restriction. Onion extracts exert potent antifungal and antibacterial properties. It's oil and aqueous extracts were effective against several gram-positive bacteria but inactive against gram-negative bacteria (Griffiths et al., 2002).

4.9 Cure Using Sweet Flag

Sweet Flag has also been found a remedy for the respiratory disorders because of its unique combination of airways relaxant constituents that are found in the crude extract

(Umamaheshwari and, Rekha 2018). For example papaverine-like dual inhibitor of calcium channels and phosphodiesterase in the hexane fraction and anticholinergic, rolipram-like phosphodiesterase4 inhibitor in the ethyl acetate fraction and last the associated cardiac depressant properties that have provided a pharmacological basis for the traditional use of *Acorus calamus* in the cure of the disorders of airways such as asthma (Pulok et al., 2007). The extract possesses anti-cellular and immunosuppressive potential and insecticidal activity against a variety of insect pests. It has also potential antiviral activity against herpes virus. i.e. HSV-1 and HSV- 2.

4.10 Cure Using *Thymus Serpyllum*/ Wild Thyme

Its aerial parts mainly used for treating illnesses and problems related to the respiratory and gastrointestinal systems (Jarit et al., 2015). Wild thyme has been narrated by Al-Jozi (Aljawziyya), Ibn-ulQayyim. *Thymus serpyllum* (Lamiaceae) has been extensively used in various medicine for many years. The herb is used in home remedies. It is diaphoretic, analgesic, and aromatic, antiseptic and diuretic also works as an emmenagogue, carminative and stimulant. Its essential oil contains certain compounds that have proven to be antibiotic also helps to improve the immune system and fight infections. It is a remedy to cure the respiratory, digestive, and genitourinary system and also possesses antioxidant, antimicrobial, antiseptic, antibacterial, and antifungal activities (Ahmed et al., 2011).

5. Conclusions

Our study systematically reviews the various cures of COVID-19 and other related diseases mentioned in the book of the Holy Quran. There are various cures mentioned in the book of holy Quran for every disease and the world's scientists need to focus on those cures mentioned in the book of Quran and given by Holy Prophet "peace be upon him". The Study aims to direct researchers and scientists towards different treatments and cures mentioned in the Holy books preached in the religion of Islam. The study shows many directions in the light of the Holy Quran and hadith which provide treatment and cure. The Muslim or world's scientists and doctors need to put their focus and attention on the mentioned cures by Islam and its holy books. They need to find and identify what quantity or combinations be used to cure Covid-19. For example, black seeds, honey, ginger, garlic, olive, or any Quranic mentioned curable object's quantity or their mixture with another object like black seed mixed with honey or curable objects as mentioned in Holy books need to be researched. The overall world has been infected with the COVID-19 and miserly failed to find a cure. This directs the future calls for further investigations by scientists and researchers.

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