



Therapeutic and traditional aspects of plants listed in Qur'an Al-Karim and Sunnah; olive (olia europea)

Hina Hafeez¹
Rizwana Hafeez²
Dr. Muhammad Asim ul Hassan³

Abstract:

The Holy Qur'an is an expression of Allah revealed to His Last Prophet Muhammad (Peace be upon Him) and is an unique writing for social and live science investigations. The heavenly Qur'an has an assortment of therapeutic plants that it's describes is to some degree Unchecked in current medicinal claim to fame, yet significant proof can be gotten from Islamic content and convention. The reason for this investigation is survey on olive (Olia Europa) significance in heavenly Qur'an content and its usage in conventional and propelled restorative strength. Generally it is useful in ease torment, to tidy make up beautifying agents, cooking and for rub. Therefore, olive is a significant plant from pharmacological and dietary benefit for man.

Key Words: Holy Qur'an. Olive, oil medicinal, traditional, usage

Overview:

The Heavenly Qur'an is said to have uncovered God's statement to His last Prophet Muhammad by Jibril (Alaih Salam), who is supernaturally adored and discussed which opens with Surah Al-Fatihah, and finishes up with the Surah Al-Naas. individuals). It merits referencing that Jinn and the humankind come to the same like him, where Allah said;

أَمْ يَقُولُونَ افْتَرَاهُ قُلْ فَأْتُوا بِسُورَةٍ مِّثْلِهِ وَادْعُوا مَنِ اسْتَنْعَمْتُمْ مِنْ دُونِ اللَّهِ إِنْ كُنْتُمْ صَادِقِينَ. [4]

Or do they say , "they invented it?" Says, "Then bring it forth like a sura and call [for help] that you can be truthful, except Allah."

¹ M.Phil Scholar, The Department of Islamic Studies, The Islamia University of Bahawalpur
Email: malik.abidasadiq@gmail.com

² M.Phil Scholar, The Department of Islamic Studies, The Islamia University of Bahawalpur
Email: malik.abidasadiq@gmail.com

³ PhD Islamic Studies , The Islamia University of Bahawalpur Email: muhammadasimulhassan@gmail.com

[4] Younas 10:38

The best science, and Allah's most astute content, is the Qur'an. Normally going on provisions alluded to in Islamic non mainstream written works by and by have, and generally continue to have, a central region in medication disclosure. Olives are furthermore seen of most exceptional essentialness in Islam. The olive is an indication of agreement and association all through the world. Olives are the gift from heaven to mankind. Olive and its tree have been referenced in excess of a couple of events each in the Qur'an and Sunnah. Olive is respected a "favored" natural item in Islam what's additional it being a top notch wellspring of sustenance, it is also and verifiably used as a prosperity sustenance.

Olive in Qur'an Al-Hakeem

Kamal al Din Bataouni argued that;

"The Quran provides logical realities about the various types of plants and foods grown from the ground, these realities came into a supporting structure in the Quran. The Quran refers to many plants, and they can be illustrated as follows .^[5] ". Olives, Dates, Tamarind, Christ's Thistle, Palms, Punica granatum (Pomegranate), Grapes, Figs, Basil, Eucalyptus, Ginger, Acacia Dory, Baxus Diocha, Salvadora persica and Lawsonia inermis. God relied on figs and olives in the heavenly Quran, and this means that the ideals of the two trees are referenced in the books of healing of plants, the countless benefits of figs and olives.^[6]

Olives are referenced on various occasions in the Quran.

Allah says in Sura Al-Anam

وَهُوَ الْمُدَىٰ أَوَّلَ مِنَ الْمَسْمَاءِ مَاءً فَخَرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ فَأَخْرَجْنَا مِنْهُ خَضِرًا يَخْرُجُ مِنْهُ حَبًّا مَّتَرًا كَيْلَ مَنْ
التَّحْلِ مِنْ طَلْعِهَا قَوْمٌ لَدَانِيَّةٌ جَنَّاتٍ مِنْ أَعْنَابٍ وَالْمُؤَيْنُونَ وَالْمُؤْمِنَاتُ تَبِيَّهُنَّ غَيْرَ مُتَشَابِهٍ انظُرْ إِلَى ثَمَرِهِ إِذَا
أَثْمَرَ وَيَنْعِهِ إِنَّ فِي ذَلِكَ لَعِبْرَةً لِقَوْمٍ مُنُونٍ -^[7]

And [we] produce grapes and olives and pomegranate plantations, yet diverse.

And then, explained in the same sura

^[5] Kamal Al-Din Al-Batanouni (1997), (Dictionary of the Holy Quran) Plant Dictionary (second edition), Kuwait: Kuwait Foundation for the Advancement of Sciences, p.35

^[6] Sharjah Islamic Garden Includes Plants Mentioned in Holy Quran". 2019. Sharjah24. Accessed December 8 2019. <https://sharjah24.ae/en/health-family/environment/183269/Sharjah-Islamic-Garden-includes-plants-mentioned-in-Holy-Quran>.

^[7] Al-Ana'am 6:99

Ishtar tree, the Heavenly Valley in Shadow Tur, Middle The first olive wood around the Eastern Landmass. ^[14]

The olive tree, one of the settlements of the plant's realm, not only has support, restorative, and therapeutic value; It meets a strict limit as a sign.

Allah (S.W) says in surah Al-Muimnun;

وَشَجَرَةً تَخْرُجُ مِنْ طُورِ سَيْنَاءَ تَنْبِتُ بِالْمُدَّهْنِ وَصَبْغًا لَّا كَلِينًا ^[15]

And [we brought up] a tree released from Mount Sinai that produces oil and food for the eaters.

And in surah Al-Nahl Allah says;

هُوَ الَّذِي أَوْحَىٰ مِنَ السَّمَاءِ مَاءً لَّكُمْ مِنْهُ شَرِبَ وَمِنْهُ شَجَرٌ فِيهِ تُسَمِّيهِمْ يُسْمُونَ - يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالْوَيْتُونَ وَالتَّحْلِيَّ
وَلَا غَنَابَ وَمِنْ كُلِّ الشَّجَرَاتِ أَنْ فِي كُلِّ لَأَيَّةً لِّقَوْمٍ يَتَذَكَّرُونَ ^[16]

It Does he send rain from the sky; There is a drink out of it and it is the foliage in which you [cattle] graze. He grows crops for you, olives, palm trees, grapes, and all fruits. Really, is this a sign for people giving ideas?

Olives in Sunnah:

The benefits of olive well being have been advanced in propagetic medicine.

A hadith from Muhammad Rasool Allah (ﷺ);

عن عمر بن الخطاب رضي الله عنه قال: قال رسول الله ﷺ: (كلوا الزيت وادهنوا به فإنه من شجرة مباركة) ^[17]

Al-Tirmidhi and Ibn Maja depicted that 'Umar ibn al-Khatab (may Allah be satisfied with him) said: The representative of Allah (ﷺ) said: ' Eat oil and rub it.'

Prophet Muhammad (ﷺ) is represented to express:

"Take olive oil and rub back with it - it's a respected tree."^[18]

^[14] Qutb, Sayyid. *Fi zilal al-Quran*. 1986. interpretation of Surat Al - Nur p. 2519

^[15] AL-Muiminun 23:20

^[16] Al-Nahal16:10-11

^[17] Al-Tirmidzi, Abu'Isa. "Sunan al-Tirmidzi." *Beirut: Dar al-Kutub al-'Ilmiyah* (2008).Hadith No.1911, 1913.

^[18] Al-Darimi, Abu Muhammad Abdullah. *Sunah al-Darimi*. Darul Firkh, Kahirah, 1978.69:103

There are other hadiths that have not been proven, such as hadith.

نعم السواك الزيتون من شجرة مباركة يطيب الفم ويذهب بالحفر هو سواكي وسواك الأنبياء قبلي.^[19]

In fact, the olive shivling from the tree favored to clean the mouth and in front of me pity the sivak and sivak of my Prophet.

Olive, like Tithi, is the driving force in ancient and current culture.

Zwingle Erla says:

"It has been filled for everything from cash to drugs for a thousand years."^[20]

Olive in drug custom:

Ibn Sunni revealed that;

عليكم بزيت الزيتون فكلوه وادهنوا به فإنه ينفع من الباسور.^[21]

You need to make olive oil and eat it and use it to assist the heaps.

Strict name:

"Olive" gets from Latin *ōlīva*In Arabic and Islamic world it is known as *zaytun*.^[22]

Botanical name

In world checklist of nominated plants Its botanical name given *Olea europaea*, mean "European olive".^[23]

Availability:

It is found wide in Anatolia, Palestine, Greece, Portugal, Spain, Turkey, Italy, geographic region, Algeria, and African nation, the province of American state in America, Mexico, Republic of Peru and southern Australia.^[24]

^[19] Narrated by al-Tabarani in the middle and Abu Naim in the Book of Sawak him. Al-Albani said: (Subject) mozu.

^[20] Zwingle, Erla. "Italy's endangered art: a nation of art lovers finds new ways-and will-to save its priceless legacy." *National geographic* 96, no. 2 (1999): 90-109.

^[21] Ibn al-Sunni from ' Uqbah ibn' Aamir and al- Albaani. *syas it daeef al jami*3788, Al-Jauziya, Imam Ibn Qayyim. *Healing with the Medicine of the Prophet (PBUH)*. Darussalam Publishers, 1999.

^[22] Dictionary, A. Latin. "Charlton T. Lewis and Charles Short." *Perseus Digital Library* (1879). the word *oliva*

^[23] WCSP. "World checklist of selected plant families." Facilitated by the Royal Botanic Gardens, Kew (2014).

^[24] Olives – Just-Health". 2019. Just-Health.Co.Uk. Accessed October 22 2019. <http://www.just-health.co.uk/olives/>.

Structure:

The olive plant extends up to a couple of meters tall. Its leaves square measure great unpracticed and seriously appealing; and its regular product square measure astonishing light blue or violet in concealing. Despite the established truth that olives gobbled up directly from the plant square measure alimental, they're not regularly eaten up gratitude to their gold style. ^[25]

The leaves of olive tree are exceptionally appealing and light green; the natural products are dull pale blue or violet in shading.

Rapoport and Hava F says:

"The olive is a medium-sized evergreen tree, which fuses a one of a course of action of morphological and developmental credits fit to the respectably dry, provincial conditions of its Mediterranean start." ^[26]

Rugini et.al writes in their article about its structure that;

"It is short and squat, and every so often outperforms 8–15 m in height. The sparkling green leaves are circular, evaluating 4–10 cm long and 1–3 cm wide. The capacity compartment is customarily knotty and turned." ^[27]

History:

Bongi writes its sign in his book;

"Evidence of early olive cultivation at around 4800 Bc were found in Cyprus." ^[28]

Ivo et al. reveals to us that;

"Olive trees in the woods around the Mediterranean Ocean are several years of age, with some dated to 2000 years. The olive tree on the island of Brioni, Istria in Croatia,

^[25] Olives – Just-Health". 2019. Just-Health.Co.Uk. Accessed October 22 2019. <http://www.just-health.co.uk/olives/>.

^[26] Rapoport, Hava F., Andrea Fabbri, and Luca Sebastiani. "Olive biology." In *The olive tree genome*, pp. 13-25. Springer, Cham, 2016

^[27] Rugini, Eddo, Luciana Baldoni, Rosario Muleo, and Luca Sebastiani, Eds. *The olive tree genome*. Springer, 2016.p.14

^[28] Bongi, Guido, and Alberto Palliotti. "Olive." In *Handbook of environmental physiology of fruit crops*, pp. 165-187. CRC Press, 2018.p.166

has a radiocarbon dating time of around 1,600 years. In any case it gives natural item, which is made into olive oil.”^[29]

Olives are picked in October, and all things considered, 30 kg of olives is accumulated, of which 4.1 kg of extra virgin olive oil is made. The best blend assessment demonstrated 0.11% of non-doused unsaturated fats, however the peroxide number was 1.95.^[30]

Olive in ancient drug:

The olive has been a basic bit of life in the eastern Mediterranean from the main stirrings of development. There are stone mortars and presses used for olive oil extraction that return to 5000 BC

The Olive Culture of the Israel:

Aspash Goor tells that;

"Commending the Olive Yield, The olive tree has been a picture of desire, greatness, congruity and readiness. From book of sacred writings to display day times the overall public of the spot that is known for Israel have had an included associate with the olive tree, its normal item, and the oil isolated from it.”^[31]

Olive in ordinance of Ibn Sina:

Aliasl et al. writes in their paper;

"Ibn Sina apportioned his Standard of Medication into five books. The essential book concerns fundamental therapeutic and physiological models similarly as life frameworks, normal and general helpful frameworks. The subsequent book is on helpful substances, arranged in a steady progression all together. From group reference it is portrayed as; Oil of develop olive is respectably hot and to some degree sodden and when treated with water it gets moderate in dampness substance and dryness as it additionally becomes less hot. To put it plainly, the ready assortment of

^[29] Miljković, Ivo, Italo Žužić, Claudio Pucci, L. Baldoni, M. Mariotti, and N. G. M. Cultrera. "Molecular characterization of an ancient *Olea europaea* tree located on the Brijuni islands of (Croatia) by SSR markers analysis." *Pomologia, Croatica Glasilo Hrvatskog Agronomskog Društva* 16 (2010): 3-12.

^[30] d.o.o., Play. 2019. "The Old Olive Tree in Brijuni National Park | Brijuni National Park". Brijuni National Park. Accessed June 17 2019. <https://www.np-brijuni.hr/en/explore-brijuni/sites-worth-visiting/the-olive-tree-on-brijuni>.

^[31] History of Olive Oil". 2019. Explorecrete.Com. Accessed June 16 2019. <http://www.explorecrete.com/nature/olive-oil-history.html>.

olive is hot while its oil is respectably soggy. The unripe olive is chilly, its bark and leaves are additionally cold.”^[32]

Bioactive ingredients:

Z.Maria,Tsimidou and Vassiliki.Papot summarized in their book that:

Olive is a natural source of antioxidants and other bioactive ingredients like hydroxytyrosol.^[33]

Basic compound in olive fruit:

Alagna et al. wording about this are as under;

"Olive common items contain different discretionary metabolites, fundamentally phenolics, terpenes and sterols, some of which are particularly charming for their nutraceutical properties.”^[34]

Jean valnet in french language inform its basic as;

The following table illustrates some of the basic structures of the olive fruit.^[35]

Ingredients	Fresh olive	Green olive
Water	50-74	0
Nitrogen material	0.76	3-10
Oily material	14-47	58-85
Cellulose	0-90	3-68
Different material	0-42	1-70
Extracted materials	04-08	32-67

And remembers
the book Phyto

Dr. Maloine in
therapy

He says “Olive leaves have medicinal and therapeutic benefits.”

The minerals that are found in olive fruits are enlisted as;

- 1) Phosphorus,
- 2) Sulfur
- 3) Potassium
- 4) Magnesium
- 5) Calcium

^[32] Goor, Asaph. "The place of the olive in the holy land and its history through the ages." Economic Botany 20, no. 3 (1966): 223-243.

^[33] Aliasl, Jale, and Fariba Khoshzaban. "Traditional herbal remedies for burn wound healing in canon of Avicenna." Jundishapur journal of natural pharmaceutical products 8, no. 4 (2013): 192.

^[34] Alagna, Fiammetta, Roberto Mariotti, Francesco Panara, Silvia Caporali, Stefania Urbani, Gianluca Veneziani, Sonia Esposto et al. "Olive phenolic compounds: metabolic and transcriptional profiling during fruit development." BMC plant biology 12, no. 1 (2012): 162.

^[35] Valnet, Jean. "Traitement des maladies par les légumes, les fruits et les céréales." (1971).

- 6) Chlorine
- 7) Iron
- 8) Manganese
- 9) copper.^[36]

Olives ' prosperity and restorative advantages:

Olives are a rich wellspring of cell fortifications like oleuropein, hydroxytyrosol, tyrosol, oleanolic destructive, and quercetin.^[37]

Olive as a therapeutic use:

Bashar saad and omar said writes olives therapeutic use in the book 'Arab and Islamic herbal medicine'

Olive oil is prevention of much disease and also an excellent diet pharmacological use in anti-inflammatory, anti hypertensive, anti hyper cholestrolemic and anti thrombi.

Leah hechtman expounds on olive in his book clinical naturopathic prescription that:

Its leaves utilized in customary cures in European and Mediterranean nations, for example, Greece ,Spain, Turkey and so on, it is utilized in the human eating regimen as a concentrate ,a home grown tea and powder, and conceivably bio dynamic mixes.^[38]

The medicinal focal points of olive oil have been seen by many out of date specialists like Hippocrates, Galen, Dioscorides, and Diocles. Starting late, current masters and nutritionists have comprehended that extra virgin olive oil, particularly, contributes essential medical advantage to human prosperity.¹ Olive oil is used to prevent respiratory failure and stroke (cardiovascular disease), bosomal disease, malignant

^[36] Jean, Valnet. *Phytothérapie*. Paris: Maloine, 1983.

^[37] Surprising Benefits Of Olives | Organic Facts". 2013. Organic Facts. Accessed June 17 2019. <https://www.organicfacts.net/olives.html>.

^[38] Saad, Bashar, and Omar Said. *Greco-Arab and Islamic herbal medicine: traditional system, ethics, safety, efficacy, and regulatory issues*. John Wiley & Sons, 2011.chapter 5th.

colorectal growth, malignant ovarian growth, rheumatoid joint pain, and migraine headaches.^[39]

Muhammad Ali Hashmi argued that;

"Ethnomedical businesses of *Olea europaea* are recorded all through the presence where it has been used to treat various ailments. Phytochemical look into had incited the unit of flavonoids, secoiridoids, iridoids, flavanones, bio phenols, triterpenes, benzoic destructive subordinates, isochromans, and various classes of assistant metabolites from *Olea Europaea*." ^[40]

"The plant materials and separated fragments have showed up the wide scope of in vitro and in vivo pharmacological activities like antidiabetic, anticonvulsant, malignancy counteraction operator, alleviating, safe modulatory, torment diminishing, antimicrobial, antiviral, antihypertensive, anticancer, hostile to hyperglycemic, against nociceptive, gastro defensive, and wound recovering activities. *Olea Europaea* created as a fair wellspring of standard prescription for the treatment of various maladies." ^[41]

^[39] Olive: Uses, Side Effects, Interactions, Dosage, and Warning." 2019. Webmd.Com. 2019. <https://www.webmd.com/vitamins/ai/ingredientmono-233/olive>.

^[40] Hashmi, Muhammad Ali, Afsar Khan, Muhammad Hanif, Umar Farooq, and Shagufta Perveen. "Traditional uses, phytochemistry, and pharmacology of *Olea europaea* (olive)." Evidence-Based Complementary and Alternative Medicine 2015 (2015).

^[41] Hashmi, Muhammad Ali, Afsar Khan, Muhammad Hanif, Umar Farooq, and Shagufta Perveen. "Traditional uses, phytochemistry, and pharmacology of *Olea europaea* (olive)." Evidence-Based Complementary and Alternative Medicine 2015 (2015).

Present day use and advantages of olives:

Utilized as a balm, it fortifies the hair keeps it glimmering and envisions dandruff

Utilized as a drug, it supports and soaks the skin, doing combating dry skin and progressing it. It also fights against skin break out or skin break out.

Correa et al. writes in English diary of sustenance;

"Olives have a monounsaturated fat called oleic destructive, which has been associated with turning away heart illnesses like atherosclerosis, heart ambushes, plaque create, and strokes. The oil of olives is the spot this oleic destructive is found, and it is accountable for cutting down the beat and cholesterol, which decreases the chances of cardiovascular perplexities and general load on the structure." [42]

"Olives decreases indications of maturing, for example, wrinkles and other skin-related illnesses. Olives can be utilized as a powerful skin chemical." [43]

"Oleuropeia, a profitable synthetic segment of olives, additionally works as an antimicrobial and antibacterial specialist for the body." [44]

Bogani et al. tells about additional virgin olive oil:

"Distinctive blends in olives function as malignant growth avoidance operator blends just as quieting ones. These reduce the irritation from the body, which fuses a diminishing in torment and unsettling influence in the joints, muscles, wounds, tendons, and various points of confinement." [45]

"Olive is utilized for cow-like treatment of tonsils, throat, and olive leaf is a valuable treatment for gum disease and throat, and there are numerous medical advantages of fluid olive oil.

^[42] Correa, José Antonio González, Juan Antonio López-Villodres, Rocio Asensi, José Luis Espartero, Guillermo Rodríguez-Gutiérrez, and José Pedro De La Cruz. "Virgin olive oil polyphenol hydroxytyrosol acetate inhibits in vitro platelet aggregation in human whole blood: comparison with hydroxytyrosol and acetylsalicylic acid." *British journal of nutrition* 101, no. 8 (2008): 1157-1164.

^[43] Fleming, H. P., W. M. Walter, and J. L. Etchells. "Antimicrobial properties of oleuropein and products of its hydrolysis from green olives." *Appl. Environ. Microbiol.* 26, no. 5 (1973): 777-782.

^[44] Fujita, Tetsuro, Ekrem Sezik, Mamoru Tabata, Erdem Yesilada, Gisho Honda, Yoshio Takeda, Toshihiro Tanaka, and Yoshihisa Takaishi. "Traditional medicine in Turkey VII. Folk medicine in middle and west Black Sea regions." *Economic Botany* 49, no. 4 (1995): 406.

^[45] Bogani, Paola, Claudio Galli, Marco Villa, and Francesco Visioli. "Postprandial anti-inflammatory and antioxidant effects of extra virgin olive oil." *Atherosclerosis* 190, no. 1 (2007): 181-186.

Conventional and residential use:

Sarah Pope composes quickly some of conventional utilization of olive oil.

1. Preserving Fish or Meat

"No chance to set up a luxurious marinating sauce? Spot your fish or meat in a bowl and pour on some olive oil and let sit in the cooler for two hours. This will require the meat magnificently and make cooking a snap."

1. Salad Dressing

For making a plate of blended greens dressing, Do whatever it takes not to consent to anything less! Consolidating one segment vinegar or lemon juice with between 3-5 areas olive oil close by the perfect mix of flavoring herbs will give a really strong topping to any serving of blended greens or vegetable mix.

2. Preserving Vegetables

On the off chance that your compartment a piece of your nursery bounty each season, olive oil is a radiant component for shielding, The Chronis family utilizes olive oil to spare, clearly, the whole, prepared olives from their farm.

3. Eye-cosmetics cleaner

In shading studio site it is depicted as

To keep and go with a little measure of olive oil for evacuating waterproof mascara and other eye beauty care products.

4. Liver refining

Andreas Moritz in his book expresses; "The Liver and Gallbladder Wonder Wash down"

"prescribes that liberating the assortment of substances that plug up the body's cleansing organs making a risky space' is a wise practice for keeping up incredible prosperity."^[46]

5. Skincare

The epoch time's web site editor documented that;

The old Egyptians, Greeks, and Romans had no cleanser. They rubbed olive oil into their skin, at that point scratched it back off, alongside earth and dead skin. Olive oil can fill in as a face wash and eye cosmetics remove whenever kneaded over the face and cleaned away.

6. Cooking

Marry et al. suggestion

“The Chronis family only uses olive oil for cooking.”

7. For ease pain:

In an Arabic web site, it is written;

Many turn to drugs and painkillers just felt by pain, but may result in numerous health problems frequently used, so, we can replace the drugs with natural remedies and recipes, and bone pain neck pain, especially among the more scattered among many people, offer you the workings of salt with oil Olives, for bone massage and ease the pain.^[47]

Conclusion:

Malady and its recuperating in the majority of the restorative systems are basically founded either on physical or powerful perspectives. Helpful systems in Islam, then again, depend on a blend of otherworldly, mental, and material methods. It is, in this manner, essential to examine current restorative methodologies as indicated by the

^[46] MGA, Sarah. 2014. "Traditional and Unusual Olive Oil Uses | the Healthy Home Economist". The Healthy Home Economist. Accessed June 29 2019. <https://www.thehealthyhomeeconomist.com/olive-oil-uses/>.

^[47] Moritz, Andreas. The Liver and Gallbladder Miracle Cleanse: An All-Natural, At-Home Flush to Purify and Rejuvenate Your Body. Ulysses Press, 2009. P, 45

Qur'an and Sunnah and their connection to other medicinal models, the same number of choices focusing on better wellbeing results are presently being utilized all through the world. This paper inspects how the rules and standards of the Qur'an and Sunnah may add to the comprehension and assessment of various helpful intercessions. An effective initiation of the Islamic restorative model and its assistance separated from the utilization of constrained remedial systems on the individual level can occur just inside a reactivation of a valid Islamic lifestyle.
