Useful Medicinal Flora Enlisted in Holy Quran and Ahadith

Mushtaq Ahmad, Mir Ajab Khan, Sarfaraz Khan Marwat, Muhammad Zafar, Muhammad Aslam Khan, Tamoor Ul Hassan and Shazia Sultana

1Department of Plant Sciences Quaid-i-Azam University, Islamabad, Pakistan
2Department of Arabic, Islamic Studies and Research Gomal University, Dera Ismail, Khan, Pakistan

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

Key words: Medicinal flora %Checklist %Uses %Holly Quran and Ahadith

INTRODUCITON

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

The history of Islamic medicine started form second century of Hijra. Abdul Malik Bin Habib Undlasi compiled his first book “Tib-e-Nabvi”. In third century of Hijra Muhammad Bin Abu Bakar Ibne Ulsani and Abu Naeem Ishphani compiled their books on this topic. In the same era other Muslim scholars like Ali bin Mossa Raza and Imam Kazim Bin Jaffar also worked on Islamic medicines. In the fourth century of Hijra Muslims Scholars like Abi Jaffar Almustaghfri, Zia uddin Almukadasi, Shams uddin Albalvi, Kahal ibne Tarkhan, Muhammad bin Ahmed Zahabi, Muhammad Abu Baker Alkaim, Jalal uddin Alseuoti and Abdul Razzaq Bin Mustafa Altangi did a great work in this field. The books written in this era “Alnabvi fee Mannafal Makalat” by abdul Razzaq Altangi is a good one. The other book which is best and still available is “Kanzulamal Fee Sanan Walakwal” also provide us much more information about medicines of Holy Prophet (Sallallaho Alaihe Wasallaam) [2].

The climax of Islamic medicines started from Abu Bin Zakria Alrazi. He wrote his famous book “Haddi Kabeer” while the book “Kamal-ul-Sannat” by Ali Bin Abbas is also a good one [3] These medicinal plants continue to be extensively used as major source of drugs for the treatment of many ailments. There is now growing awareness to encourage indigenous production and processing of these plants used in different cultures and religious. Present investigation does not mean that the plant and plant parts which are described in Holy Quran for medicinal purposes but described for other purposes. But in this study emphasis was on medicinal uses as used in different cultures, traditions and religions. In this
research medicinal uses of these plants are experience of different communities of world. Holy Quran is considered to be the reference for the citation of these plants. Honey which is the product of different plant species is described for medicinal purpose in the Holy Quran. Keeping in view the importance of diverse medicinal flora and rich medicinal culture of Islam, research work was conducted to prepare checklist, investigate medicinal uses and create awareness about the medicinal flora enlisted in Holy Quran, Ahadith, Islamic literature and culture for the welfare of human communities throughout the world.

MATERIALS AND METHODS

The research work was conducted by reviewing the most acceptable literature given in Holly Quran, Ahadith and Islamic books. Comprehensive and detailed information about medicinal plants were collected from these sources. The notation given in the Islamic books were also cited and confirmed from Holly Quran and Ahadith. Check list and medicinal inventory of plants was arranged in systematic order of botanical names in alphabetic order followed by English name, Arabic name, family, habit and distribution, part used, medicinal uses and references cited from Holy Quran, Ahadith and Islamic books. Correct botanical names, their families and identification of plants were done by using of available literature [4-8]. Correct botanical nomenclature was also confirmed by comparing with already known specimens of herbarium of Quaid-i-Azam Univeristy, Islamabad-Pakistan.

RESULTS

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

1. Acorus calamus L.

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

References from Ahadith

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

2. Agaricus campestris L.

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

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

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

References from Ahadith

- **Bukhari** (Ravi: Saeed Bin Zaid) [9].

4. *Allium sativum* L.

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

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

References from Ahadith

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

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

References from Ahadith  


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

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


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

References from Ahadith  
C Tibe-Nabvi and Jadeed Science(Ravi: Ans Bin Malik (R.A) [2].  
C Al-Jozi (Aljawziyya), Ibn-ul Qayyim, Tibb-e-Nabvi [15].
8. *Cassia senna* L.

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

**References from Ahadith**

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

9. *Cichorium intybus* L.

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

**References from Ahadith**

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

10. *Cinnamomum camphora* L.

**English Name:** Camphor tree  
**Local Name:** Kafoor  
**Arabic Name:** Kafoor  
**Family:** Lauraceae  
**Habit and Habitat:** Tree or shrub cultivated for ornamental and commercial purposes.  
**Distribution:** India, Sri Lanka, Japan and China  
**Part used:** Leaves and branches  
**Medicinal uses:** Tetanus, parkensis, hysteria, tuberculoses, headache, liver and kidney pains, oral and teeth swelling, cholera, breast pain, inner wounds, sexual stimulant. Tropical uses of camphor is stimulant and muscle relaxant.
References from Holy Quran: Verse 15, 1, Surah Al insane.

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

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

References from Ahadith:
- C Trimzi (2nd Ed. Chap. Abwab ul Tamia) [14].
- C Al-Lozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

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


13. Commiphora molmol Engl. ex Tschirch:
- Syn: C. myrrha Nees.
- English Name: Myrrh
- Local Name: Murrmukey
- Arabic Name: Murr
- Family: Burseraceae
- Habit and Habitat: Perennial plant
- Distribution: Ethiopia, Iran, Thailand and West-Arabia
- Part used: Gum of stem
- Medicinal uses: Germicides, wound healer, old cough, oral fragrance, baldness, swelling of urinary bladder

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

References from Ahadith

C. Baihaqi Shabalaiman. Ravi: Abdullah bin Jaffer. [14].


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

C. Hayat ul Hawan ul Kabri [16].

15. *Ficus carica* L.

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

References from Holy Quran

Verse #.1-4, Surrah Teen. [14]. 13

References from Ahadith

C. Bukhari [9].

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


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

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

References from Ahadith

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

18. *Lagenaria siceraria* Standl.

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

References from Holy Quran

Verse.# 48, Surah Younis

References from Ahadith

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

19. *Lawsonia inermis* L.

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

References from Ahadith

C Trimzi [14]
C Bukhari, Kitab ul Tib [9].
C Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

20. Lens culinaris Medic.

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

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

References from Ahadith

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

21. Lepidium sativum L.

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

References from Ahadith Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [9].
22. **Nigella sativa L.**

English Name: Black Seed  
Local Name: Clongy  
Arabic Name: Hubatul-sudda  
Family: Ranunculaceae  
Habit and Habitat: An annual erect herb.  
Distribution: Turkey, Italy, India and Pakistan.  
Part used: Seeds  
Medicinal uses: Hysteria, common cold, asthma, constipation, urine blockage, anorexia, aerophagy, flatulence, dyspepsia, gastric acute, gastro enteritis, dog bites, diabetes, kidney stone, milk production, baldness, gas trouble, brain disorders, pneumonia, cough, maleness, appendicitis, labor pain, facial clearness, pimples, fatness, typhoid, parkensis, piles, swelling, weakness, eczema, diarrhea, malaria, digestive disorders, allergy, wound healer, hearing problems, ear pain and swelling, memory increases, paralysis, heart diseases, antiperistalsis, intestinal worms, liver pain, waist pain, sexual weakness, common fever, ascities, menstruation, ulcerative colitis, crohan’s diseases.

References from Ahadith

C Bukhari. Ravi: Abu Huraira (Chap. Kitab ul Tib) [9].  
C Tirmizi. Ravi: Abu Hurrera [14].  

23. **Ocimum basilicum L.**

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

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

References from Ahadith

C Bukhari. Ravi: Abu Musa Al Ashari [9].  
C Trimzi (Bab ul Tib) [14].  
C Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].
24. *Olea europea* L.

English Name: Olive  
Local Name: Zaiytoon  
Arabic Name: Zaiytoon  
Family: Oleaceae  
Habit and Habitat: An erect branched cultivated tree.  
Distribution: Found in Central Asian countries  
Part used: Fruit and oil  
Medicinal uses: Strengthen body muscles, slow down aging, clear the blood, remove the measlesspot, piles, tuberculosis, eczema, baldness, kidney pain, pancreas pain, maleness, common cold, stomach and respiratory diseases.

**References from Holy Quran**

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

**References from Ahadith**

C Bukhari, Ravi: Khalid Bin Sahad [9].  
C Trimzi, Abwab ul Tamah [14].  
C Al-Jozi (Aljawziyya), Ibn-ul Qayyim. Zadul Maad [10].

25. *Phoenix dactylifera* L.

English Name: Date palm  
Local Name: Khajoor  
Arabic Name: Nahal, Balah, Tammar, Rutab, etc.  
Family: Arecaceae  
Habit and Habitat: Cultivated tree, may be found self grown.  
Distribution: N.Africa, India (Rajistan, Maharashter), Iraq, S.Arabia, Pakistan.  
Part used: Fruit  
Medicinal uses: Heart diseases, skin diseases, antidote, swelling of kidney, intestinal pain, heart attack, wound healer, diarrhea, labour pain, sexual weakness, stomach pain, piles, physical strengthening, shrill the voice, liver disorders.

**References from Holy Quran**

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

**References from Ahadith**

C Trimzi [14].  
C Bukhri. Ravi – Ans Bin Malik [9].  
26. *Punica granatum* L.

English Name: Pomegranate  
Local Name: Anar  
Arabic Name: Rumman  
Family: Punicaceae  
Habit and Habitat: Tree, cultivated in the area.  
Distribution: Chilli, Iran, Afghanistan, India, Pakistan and European countries  
Part used: Fruit  
Medicinal uses: Stomach cough, hepatitis, muscle pain, heart and liver diseases, piles, eye diseases, dental problems, oral diseases, diarrhea and dysentery.

**References from Holy Quran**

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

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

27. *Salvadora persica* L.

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

**References from Ahadith**


28. *Saussurea lappa* L.

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

**References from Ahadith**  
Tib e Nabvi and modern Science [2].
29. *Trigonella foenum-graecum* L.

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

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

30. *Thymus serpyllum* L.

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

**References from Ahadith**  

31. *Vitis vinifera* L.

English Name: Grapes  
Local Name: Munaqqa  
Arabic Name: Inab  
Family: Vitaceae  
Habit and Habitat: Perennial vine, cultivated for fruit purposes.  
Distribution: France, Germany, Spain, Pakistan and India  
Part used: Fruit juice  
Medicinal uses: Common cold, relax body and brain muscles, stomach diseases, cooling effects on body, cough, kidney and urinary bladder pain, liver and lung disorders, dog bite, remove weary, clear the face and cancer.

**References from Holy Quran**  
References from Ahadith

C Bukhari Ravi: Ibne-Abbas [9].

32. Zingiber officinale Roscoe.

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

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

References from Ahadith

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

DISCUSSION

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

A close look at checklist of medicinal flora tells us that these plants are not of Arabic origin but The Holy Prophet (PBUH), gave the references of such plants that are not only grown in Arab countries but exist through out the world. This shows that the Holy Prophet was light for the entire world. From this study it is found that Phoenix dactylifera (Date palm) has highest number of references in The Holy Quran. This plant is used for digestive problems, piles, sexual diseases and heart attacks. Up to 1959, the people of Dubai, Qatar, Abu Dhabi and Saudi Arabia used to have breakfast with dates and Khubus (bread). In ancient, dates were the major source of food for the people of Middle East. In modern times many products of food have been prepared from dates. In Holy Quran it is said “Your God is that who has made different kinds of orchids and gardens for you, those have colorful crops of Phoenix dactylifera, Olea europea (olive) and Punica granatum (pome grenade). Their shapes and tastes are similar as well as different also. Eat these fruit when ripen but keep the share of poor relatives and needy and do not waste them (Holy Quran: 141, Surah- Al-Anam). Olea europea (olive) is another plant that has many references in Holy Quran and Ahadith. And it is used for skin diseases baldness and pain killer. In Ahadith it is said that “eat the olive oil and apply it on the body, it is cure of seventy diseases” (Abu Naeem. Ravi. Hazrat Abu Haraira). The saying of Holy Prophet (PBUH) about medicines are spread over 200 books in the world [19].

Now a days there is much interest in medicinal plants through out the world including developed countries like China, Germany, France, Japan, USA and UK. Similarly in developing countries like Pakistan and India, the benefits of modern medicines and health care reach only to small percentage of population. These could hardly reach the
large mosses living in the rural areas. Moreover in remote
areas of the world where per capita income of people is
very low, it becomes more difficult to buy complicated and
expensive prescriptions. Hence there is a need for the
inclusion of herbal medicines at primary health care level,
since there long standing use is plant drug reasonably
guarantee their medicinal efficacy and safety [20]. In this
study an effort was also made to review the active
constituents of these medicinal plants [21].

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

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