

## ***An Introductory Review of Plants, Their Medicinal Properties, and Wisdom, Commonly Mentioned in the Sacred Books of the Divine Religions***

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### **Abstract**

Plants have been integral to human life since ancient times, serving as a vital source of food, shelter, and medicine. This paper presents an introductory review focusing on the medicinal properties of plants mentioned in the sacred texts of various divine religions. Through a comparative analysis of these texts, including the Bible and the Holy Quran, this study explores the profound wisdom embedded within the descriptions of plants and their healing properties. The paper delves into the cultural, historical, and religious significance of plants, elucidating how different civilizations revered and utilized them for therapeutic purposes. Examining the texts reveals a wealth of knowledge about plants and their medicinal benefits, offering insights into ancient healing practices and a holistic understanding of health and well-being. The paper highlights the diverse array of plants mentioned across different religious traditions, illustrating the universality of botanical wisdom and its integration into spiritual beliefs. Furthermore, it discusses the implications of these teachings on contemporary herbal medicine and holistic health practices, emphasizing the importance of preserving traditional knowledge for the benefit of future generations. Through this exploration, the paper aims to foster a deeper appreciation for the interconnectedness of nature, spirituality, and human health, underscoring the enduring relevance of plants in both religious and medical contexts. By elucidating the sacred significance of plants and their medicinal properties, this study contributes to the ongoing dialogue on the intersection of religion, science, and healing.

**Keywords:** Plants, Medicinal Properties, Sacred Texts, Divine Religions, Wisdom, Healing, Traditional Knowledge, Herbal Medicine, Holistic Health, Cultural Significance.

## Introduction

The importance of plants in human life and the balance of the Earth cannot be denied. Plants hold a fundamental status in human existence. Allah has not created anything in this world without purpose; rather, every entity contains some wisdom, benefit, and goodness from Allah. All the plants present in the world are important in one way or another, harboring hidden benefits and serving as a means of treating various diseases. The greatest wisdom and benefit in these plants lie in the clear signs of Allah's greatness. Allah, in His revealed and inspired scriptures, has explicitly emphasized the significance and benefits of various plants for humanity. The Quran, the Noble Book, contains guidance from the Almighty.

"وَنَضَعُ الْمَوَازِينَ الْقِسْطَ لِيَوْمِ الْقِيَامَةِ فَلَا تُظْلَمُ نَفْسٌ شَيْئًا وَإِنْ كَانَ مِثْقَالَ حَبَّةٍ مِنْ خَرْدَلٍ أَتَيْنَا بِهَا

وَكَفَىٰ بِنَا حَسِيبِينَ" (1)

*"And We shall set up just scales on the Day of Resurrection, so that no soul will be wronged in the least. And even if there be the weight of a mustard seed, We shall bring it forth. Sufficient are We as Reckoners."*

The divine scriptures of inspired religions, especially the Quran, specifically mention certain plants, and these plants hold a particular significance in various aspects. One reason for this importance is the virtues and benefits associated with these plants. Additionally, some events and situations mentioned in these sacred texts are linked to these plants. Furthermore, the inclusion of these plants and vegetation in the sacred texts gives them a unique status and significance, contributing to their perpetuity and endurance.

These plants also gain importance because understanding them is essential for comprehending the verses of Allah's complete and final revelation. Acquiring fundamental knowledge about these plants is necessary so that the Quranic verses referencing them can be understood according to the divine purpose and intent. Therefore, the knowledge of these plants and their basic information becomes crucial for interpreting the Quranic verses accurately, especially those that mention these plants.

This is the reason why various scholars and interpreters have illustrated Quranic plants and vegetation in their books and exegeses. Keeping in view the importance of plants and vegetation, this research article attempts to mention the importance of these plants and their benefits and properties in the inspirational books mentioned in common.

## Introduction to Plants:

### Linguistic Definition of Plants:

"نبات" (Nabat) is an Arabic word, and its singular form is "نبات" (Nabat). The plural form is "انبتة" (Anbatat). The linguistic meanings of plants include grass, vegetation, and growth. Anything that grows from the earth, such as a plant, tree, or grass, is referred to as a plant. The science that deals

with the reality of plants and discusses their actions and properties is called Botany or علم النبات (Ilm al-Nabat) in Arabic.<sup>(2)</sup>

**Plants' terminological concept:**

Botany is the branch of science that involves the study of plants. A person engaged in the study of botany is called a "botanist." The purpose of the science of botany is to express the meaning of plants through knowledge and experimentation.<sup>(3)</sup>

Plants are a vital component of human life, and they are a tremendous gift from Allah. Describing them as invaluable treasures wouldn't be an exaggeration. Botany, as a scientific discipline, delves into the characteristics of plants, their significance, and development. It also explores the interactions of plants with other living beings and their impact on the environment.

In various regions of the world, diverse types of plants and herbs exist. These herbs not only serve as fodder for animals but also offer various benefits to humans. They are instrumental in the treatment of several diseases, contributing significantly to human well-being.

**Importance of Plants:**

Plants are one of the fundamental necessities for human survival. Humans utilize various types of plants and herbs in various aspects of their daily lives. Plants provide fuel and wood for burning, and they offer a variety of delicious fruits and vegetables for consumption. Plants contribute to beautifying the environment by producing beautiful and attractive flowers. Besides providing botanical elements obtained from plants for animal feed, plants also play a crucial role in reducing environmental pollution. Plants add grace to the land, adorning everything with natural beauty and charm. If there were no plants on the Earth, it would resemble a desolate and dusty area more than anything else. Imagine a world without the soothing melodies of beautiful birds, and that's what it would be like if there were no greenery. Trees and plants not only provide oxygen for humans and other animals to breathe but also aid in reducing environmental pollution. Without plants, the world would not be a livable place for humans and other creatures. The deep connection between humans and plants is evident. If it is said that human life is deeply rooted in plants, it wouldn't be an exaggeration. Plants not only supply oxygen for living but also help in purifying the air by removing harmful substances. In reality, if there were no plants, sustaining life on Earth for humans and other creatures would be impossible. Plants play a significant role in human well-being, providing physical comfort as well as mental peace. During summers, the cool breeze under the trees serves as a source of tranquility for humans, reminiscent of a mother's comforting embrace. Therefore, the protection of plants is essential, as they not only save the environment from pollution but also contribute to mental and physical well-being. In essence, plants are often referred to as the lungs of the Earth, as they

not only combat pollution but also generate oxygen, cleansing the atmosphere from harmful substances. Hence, plants are crucial for maintaining a healthy and sustainable life on our planet.

The importance of all plants is significant in their own way. Trees and plants provide wood, medicine, food, fruits, and various other astonishing benefits. The value of plants and their significance is acknowledged differently based on their diverse uses. Islam has emphasized the care and protection of plants considering their numerous benefits. The importance of plants is explicitly mentioned in the blessed sayings of Prophet Muhammad ﷺ.

In one Hadith, the significance of plants and trees is conveyed in the following words:

" مَا مِنْ مُسْلِمٍ يَغْرِسُ غَرْسًا أَوْ يَزْرَعُ زَرْعًا فَيَأْكُلُ مِنْهُ طَيْرٌ أَوْ إِنْسَانٌ أَوْ بَهِيمَةٌ إِلَّا كَانَ لَهُ بِهِ

صَدَقَةٌ" (4)

*"The one who plants a tree or sows a crop, and then a bird, human, or animal eats from it, it is counted as charity from him."*

In the same way humans and other animals have their own separate worlds, plants also have their own separate world in which there are more than a dozen basic types. And these basic types of plants have further divided into many classes, species, and families. A plant family is divided into different divisions, and these divisions are further divided into different types. Types refer to a plant that carries individuality, with its own unique identity and personality. For example, coconut and date palm belong to the same family but still, their types are different. Then, each type of these plants has countless varieties. For example, there are approximately five thousand different types of dates found in the world.

The importance of plants and their role in the environmental system is highlighted in divine books due to their significant contribution. However, it does not necessarily mean that every plant mentioned in these books has specific importance or benefits. Some plants are mentioned due to their actual significance or benefits, while others are cited in these sacred books due to specific events or examples. The following discussion provides insights into the common mention of plants in various inspired religious books.

### **Common Plants in Inspired Semetic Religious Books:**

#### **Wheat/Grain (اناج/دانه):**

Urdu Name: اناج / غله / دانه

English Name: Grain

Arabic Name: حنطة / حب

Botanical Family: Poaceae

#### **Introduction and Various Benefits of Wheat/Grain:**

Wheat includes various types of cereal grains such as wheat, barley, rice, corn (maize), oats, and millet, among others. After the creation of

mankind, the first field of activity that emerged to fulfill their nutritional needs was agriculture. After being sent to the world, Prophet Adam (peace be upon him) initiated the work of farming, cultivating different types of grains to sustain his livelihood. In the ancient Arab world, there was a tradition of cultivating various types of grains like wheat, barley, and millet. It is mentioned in historical records that in regions like Sham (Greater Syria) and Palestine, wheat cultivation had been practiced around five thousand years before the birth of Prophet Jesus (peace be upon him). The cultivation of wheat, barley, and other grains has a deep historical and cultural significance, and these crops continue to play a vital role in human nutrition across various civilizations.<sup>(5)</sup>

All types of wheat share a similar chemical composition and nutritional significance. They contain approximately the same percentage of carbohydrates, making them referred to as carbohydrate treasures. The various types of wheat are rich in nutritional content. For instance, wheat, especially wheat grain, which is the most widely consumed food globally. Wheat grains are rich in carbohydrates, providing essential energy for the body. Besides fulfilling nutritional requirements, wheat is also utilized in the treatment of various illnesses. It is recommended for conditions like weakness of the digestive system, anemia, weakness of the brain, and overall physical weakness. The husk of wheat (wheat bran) is often combined with medications to create a tonic, which is used to alleviate or eliminate phlegm, particularly for patients with cough-related issues. Wheat, with its versatile applications, serves not only as a staple food but also contributes to maintaining health and aiding in the recovery from certain ailments. The chemical constituents of wheat, combined with its nutritional richness, make it a valuable dietary element with both preventive and therapeutic benefits.<sup>(6)</sup>

In addition to wheat, various other grain crops, such as rice, maize, and barley, also offer not only nutritional benefits but numerous medicinal advantages.

#### **Mention of Grain in Ancient Scriptures:**

The mention of grain, including wheat, is abundant in ancient scriptures. The Torah explicitly states that after the creation of the Earth, Allah (God) caused various types of grain and necessary plants to grow on it. The Book of Genesis contains the following passage:

*"And God said, 'Let the earth bring forth grass, the herb that yields seed, and the fruit tree that yields fruit according to its kind, whose seed is in itself, on the earth'; and it was so. Then the earth brought forth grass, the herb that yields seed according to its kind, and the tree that yields fruit, whose seed is in itself according to its kind. And God saw that it was good." (7)*

### **Mention of Grain in the New Testament (Gospel):**

In the New Testament (Holy Bible), mention of grains is found at various places. For example, in the Gospel of Luke, the importance and necessity of grains is mentioned as follows: "And he said, 'I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, Soul, you have ample goods laid up for many years'" (8)

### **Mention of Grain in the Quran:**

The Quran also discusses grains and various types of crops in several places, emphasizing their significance and portraying them as divine blessings. For example, in Surah Al-Baqarah ALLAH mentions: "

مَثَلُ الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ فِي سَبِيلِ اللَّهِ كَمَثَلِ حَبَّةٍ أَنْبَتَتْ سَبْعَ سَنَابِلٍ فِي كُلِّ سُنْبُلَةٍ مِائَةُ حَبَّةٍ وَاللَّهُ يُضِعِفُ لِمَنْ يَشَاءُ وَاللَّهُ وَاسِعٌ عَلِيمٌ (9)

*"The example of those who spend their wealth in the way of Allah is like that of a grain of corn that sprouts seven ears, and in every ear there are a hundred grains. Thus Allah multiplies the action of whomsoever He wills. Allah is Munificent, All-Knowing."*

### **Pomegranate: A Brief Introduction and Medicinal Properties**

#### **Botanical Information:**

Urdu Name: انار (Anar)

English Name: Pomegranate

Arabic Name: الرَّمَّان (Al-Rumman)

Botanical Name: Punica Granatum

Botanical Family: Punicaceae

#### **Introduction and Geographic Origin:**

Pomegranate is a plant and fruit primarily associated with Iran. The plant has been transported from Iran to various regions worldwide. There are two main types of pomegranates: one cultivated for its fruit and the other growing wild. Wild varieties are predominantly found in India, Afghanistan, and the Serbia.<sup>(10)</sup>

Pomegranate is a famous plant and fruit whose tree grows ten to twenty feet tall. Its flowers are red, and after they fall off, the pomegranate fruit appears. The pomegranate plant possesses astonishing properties. Along with the fruit of the pomegranate, its seeds, leaves, roots, flowers, and peel are used for both consumption and treatment. Pomegranate is used for treating stomach ailments, sore throat, constipation, anemia, eye diseases, and mouth ulcers. <sup>(11)</sup>

#### **The mention of pomegranate in the Old Testament**

The mention of pomegranate in the Old Testament is found in various passages, emphasizing its beauty and symbolizing allure. An example from the Torah describes the attractiveness of a person using the metaphor of

pomegranate pieces beneath a veil:

"Your lips are crimson doors, your mouth is a deceitful heart, your curls are like pomegranate seeds beneath your veil. Your neck is the tower of David built for an armory, where a thousand shields hang."<sup>(12)</sup>

Gardens and orchards are often portrayed as beautiful and well-maintained in the Old Testament. The beauty of a garden is attributed not only to the land but also to the lush and vibrant plants and trees within it. The metaphor of a well-kept garden symbolizes the beauty and fertility of a person or a beloved. An example from the Torah portrays a garden with delightful fruits, including pomegranates:

"My beloved. My wife is a closed garden. She is a secure sleeping and a fountain sealed. The plants in your garden are delicious and fruitful pomegranates. There are also henna and fragrant flowers. Jatamansi and saffron, white musk and cinnamon, and all trees of frankincense and aloes and all kinds of special fragrances."<sup>(13)</sup>

### Pomegranate In the Quran

In the Quran, pomegranate is mentioned three times, highlighting it as a blessed fruit. In one instance, it is referred to as one of the fruits of paradise, emphasizing its significance:

فِيهِمَا فُكْهَةٌ وَنَخْلٌ وَرُمَّانٌ <sup>(14)</sup>

"Therein will be fruits, dates, and pomegranates."

In another instance in the Quran, Allah mentions pomegranates in the context of His blessings:

وَهُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ فَأَخْرَجْنَا مِنْهُ خَضِرًا نُخْرَجُ مِنْهُ حَبًّا  
مُتَرَكِبًا وَمِنَ النَّخْلِ مِنْ طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَجَنَّاتٍ مِنْ أَعْنَابٍ وَالزَّيْتُونَ وَالرُّمَّانَ مُشْتَبِهًا وَغَيْرَ مُشْتَبِهٍ <sup>(15)</sup>

"And Allah is the one who sent water down from the sky for you, then We brought forth with it various kinds of plants. From the greenery, We bring forth clustered grain, and from the palm trees, dates in bunches hanging low. Also, vineyards, olive trees, and pomegranates, similar (in kind) yet different (in taste). Look at their fruit when they ripen and how they yield, surely, there are signs in these for people who believe."

### Fig

Botanical Name: Ficus Carica

Family: Moraceae

### Introduction and Medicinal Significance:

Fig, known as "Anjeer" in Urdu, is both a food and a medicine with numerous benefits as ordained by Allah. The inner pulp of the fig is sweet, delicious, and filled with sugar. This inner part of the fig contains multiple seeds. This fruit is found in almost every region worldwide, although its original area is the Levant, Palestine, and Egypt.

Cultivated figs are grown alongside wild figs in regions like the Levant, Palestine, and Egypt. The height of fig trees, cultivated in these regions, is approximately twenty to thirty feet, and they bear fruit twice a year.<sup>(16)</sup>

Figs are rich in various vitamins and minerals. They enhance calcium levels in the human body, making bones stronger. Figs are beneficial for treating colds and coughs, serving as a natural remedy to boost the immune system. Fig leaves and branches are used to extract milk, which is employed as a remedy for various types of grains and skin disorders.

The consumption of figs contributes to strengthening the liver, improving blood circulation in the brain, and acting as a natural remedy for hemorrhoids. Additionally, figs are known to be beneficial for the digestive system and are extensively used in traditional medicine for various purposes.<sup>(17)</sup>

#### **Mention of Fig in the Old Testament:**

In the Old Testament, there are references to figs in various contexts. For example:

*"When their eyes were opened, they realized they were naked; so they sewed fig leaves together and made coverings for themselves." (8)*

#### **Fig Mentioned in the New Testament (Gospel):**

In the New Testament (Gospel), figs are referred to in approximately eight instances. For instance, there is a mention of Jesus approaching a fig tree expecting to find fruit, but upon finding none, he curses the tree:

And when he was going to the city again in the morning, he felt hungry and saw a fig tree by the road. He went to it, but found nothing on it except leaves. Then he said, "May you never bear fruit again!" Immediately the fig tree withered.<sup>(9)</sup>

#### **Fig Mention in the Quran:**

In the Quran, the name of fig is mentioned once, emphasizing its significance and blessing. The reference underscores the greatness and sanctity of the fig tree and its fruit, with an oath being taken in its name.<sup>(20)</sup>

In Surah At-Tin (The Fig), Allah mentions the fig, swearing an oath by it. The specific verse you're referring to is:

*"By the fig and the olive"<sup>21</sup>*

#### **Grapes**

Urdu Name: انگور (Angoor)

English Name: Grapes

Arabic Name: عناب (Inab)

Botanical Name: Vitis Vinifera



Botanical Family: Vitaceae

**Introduction and Medicinal Properties:**

Grapes are a delicious, easily digestible, nutritionally rich, and health-promoting fruit that provides instant energy to the body. They come in round or oval-shaped berries, and clusters of grapes may vary in size, color, and taste. Historically, some scholars believe that grapes were first cultivated by the Prophet Noah (Nuh) while others attribute the initial cultivation to Prophet Adam (Adam).<sup>(22)</sup> Grapes are primarily categorized into three types: berry, table, and raisin grapes.

However, recent research has identified around eight thousand varieties, with only a few considered superior. Grapes are cultivated in various countries worldwide, including Spain, France, Italy, Afghanistan, Russia, Turkey, Algeria, Japan, Morocco, Syria, and the United States. The main producing regions are in European countries. <sup>(23)</sup>The original homeland of grapes includes parts of Western Asia, Yemen, and countries around the Mediterranean Sea. Grapes contribute to reducing the risk of heart diseases and are beneficial for stomach ailments. They are known for keeping the skin fresh, soft, and gentle, while also strengthening memory and reducing mental weaknesses. Grape juice is used to make wine, jams, and other processed products.

Grapes are a nutritious and easily digestible fruit that helps combat calcium deficiency. They increase the blood levels in the human body and possess various nutritional and medicinal properties. Grapes are used as a remedy for cancer, as they enhance overall health. Additionally, they play a role in balancing the calcium levels in the body. Grapes contribute to boosting blood circulation, especially to the brain.

In addition, grapes have many other nutritional and medicinal properties.<sup>(24)</sup>

**In the Old Testament:**

In the Old Testament, grapes and related products are mentioned in approximately 174 places, discussing grapes, wine, grapevines, and more in various contexts. At one place, grapes are mentioned as follows:

*"He will tie his young donkey to the vine and his colt to the choice vine;  
he will wash his garments in wine and his robe in the juice of grapes."* <sup>(25)</sup>

At another place, while mentioning grapes and the wine and vinegar made from them, it is written:

*"So he shall abstain from wine and strong drink; he shall drink no vinegar made from wine or strong drink, and shall not eat fresh grapes or raisins."* <sup>(26)</sup>

### In the New Testament (Gospels):

The New Testament, particularly the Gospels, also extensively mentions grapes. Jesus, in one instance, gives a parable using the analogy of a grapevine. He emphasizes the significance of being part of the true vine and the necessity of pruning for increased productivity.<sup>(27)</sup>

Additionally, there is mention of grape juice, cautioning against its consumption until the day when the Kingdom of God is fully realized.<sup>(28)</sup>

These mentions signify the cultural and symbolic importance of grapes and their products in ancient scriptures.

### Grapes in Quran

In the Quran, grapes (singular: عنب, plural: أعناب) are mentioned eleven times, highlighting their significance and benefits. One verse particularly underscores the divine provision and variety in crops, including grains, olives, date-palms, and grapes, all of which serve as signs for those who reflect:

يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ الثَّمَرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ

(<sup>29</sup>)

*"From it (the earth) emerges your livelihood, as well as [various] trees, olives, date-palms, grapevines, and all kinds of fruits. Surely, there is a sign in this for people who reflect."*

### Babool/Keekar:

Urdu Name: بیول/کیکر/سمره (Babool/Keekar/Samarah)

English Name: Acacia

Arabic Name: طلع/سیتال (Talh/Siyal)

Botanical Name: Acacia

Botanical Family: Leguminosae

### Introduction and Medicinal Properties:

Babool or Keekar, as known botanically, is a thorny tree according to the science of botany. It is an important tree native to Africa and is predominantly found in the warm regions of the Arabian Peninsula. Apart from being used as fuel, it also finds applications in construction due to its thorny nature. During the hot seasons, it provides excellent shade.

Its branches are used to make toothbrushes (miswak), enhancing the strength of teeth and gums. The gum obtained from Babool is used in various medications. Additionally, its gum is used in the preparation of cakes, ice cream, dyes, ink, and various beverages.<sup>(30)</sup>

The gum of Babool, known as "samagh" in Arabic, is a high-quality carbohydrate polymer. Its components include D-galactose, L-rhamnose, L-arabinose, and Uronic acids.<sup>(31)</sup>

Medical practitioners utilize Babool gum in formulations for treating

conditions like diarrhea, dysentery, excessive salivation, scurvy, and bleeding in the uterus. Some of the famous compounds derived from Babool include Tap Balghami Ki Goliyan (anti-phlegmatic pills), Hab-e-Sail, and Laooq Sapistan.<sup>(32)</sup>

### **Mention of Babool in Sacred Texts:**

#### **In the Old Testament:**

Babool is mentioned 28 times in the Old Testament, whereas there is no mention of it in the New Testament. An example of its mention in the New Testament is as follows:

"And they shall make an ark of acacia wood: two cubits and a half shall be the length thereof, and a cubit and a half the breadth thereof, and a cubit and a half the height thereof." <sup>(33)</sup>

#### **In the Quran:**

In the Quran, specifically in Surah Al-Fath, there is a reference to the Pledge of Ridwan (Bay'at al-Ridwan), where companions pledged allegiance under a tree. Allah expresses satisfaction with the believers who pledged allegiance under the acacia tree:

لَقَدْ رَضِيَ اللَّهُ عَنِ الْمُؤْمِنِينَ إِذْ يُبَايِعُونَكَ تَحْتَ الشَّجَرَةِ فَعَلِمَ مَا فِي قُلُوبِهِمْ فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ  
وَأَنْبَأَهُمْ فَتْحًا قَرِيبًا <sup>(34)</sup>

*"Indeed, Allah was pleased with the believers when they pledged allegiance to you under the tree, and He knew what was in their hearts, so He sent down tranquility upon them and rewarded them with an imminent conquest."*

In this verse, the tree mentioned is identified as the Babool (acacia) tree. According to the narration of Jabir (may Allah be pleased with him), the tree under which the Prophet Muhammad (peace be upon him) received the pledge was a Babool tree. Jabir reported:

كُنَّا يَوْمَ الْحُدَيْبِيَّةِ أَلْفًا وَأَرْبَعَمِائَةٍ فَبَايَعْنَاهُ وَعُمَرُ أَخَذَ بِيَدِهِ تَحْتَ الشَّجَرَةِ وَهِيَ سَمُرَةٌ. وَقَالَ بَايَعْنَاهُ  
عَلَى أَلَا نَفَرٍ. وَلَمْ نُبَايِعْهُ عَلَى الْمَوْتِ <sup>(35)</sup>

*"We were one thousand four hundred on the Day of Hudaibiyah. We pledged allegiance to him, and Umar was holding his hand under the tree, which was Samar. (It was a Babool tree). Hazrat Jabir, may Allah be pleased with him, said: We pledged allegiance to you that we will not flee, and we did not pledge allegiance of death to you."*

The tree under which the pledge was taken was a Babool tree. In the context of this verse, the Babool tree holds historical significance in Islam.

#### **Onion:**

Urdu Name: پیاز

English Name: Onion

Arabic Name: بصل

Botanical Name: Allium Cepa

Botanical Family: Liliaceae

### **Introduction and Medicinal Properties of Onion:**

Onions and garlic belong to the same botanical family, Liliaceae. Onions are commonly used in cooking to enhance flavor and aroma in various dishes. Ancient Egyptians highly favored onions and garlic in their cuisine. They are extensively cultivated in Egypt and Arab regions.<sup>(36)</sup> Apart from culinary uses, onions hold significant importance in traditional medicine. Onions are used for treating ailments such as colds, coughs, sore throats, and circulatory issues. They are rich in essential minerals such as sodium, calcium, and phosphorus, among others. Onions aid in insulin secretion, making them beneficial for health. They contain vitamins, proteins, carbohydrates, and other chemical constituents vital for health.<sup>(37)</sup> According to medical experts, onions are beneficial for relieving phlegm-related coughs and reducing hemorrhoid discomfort. They also help in detoxifying the body from various toxins.<sup>(38)</sup>

### **Mention of Onion in Ancient Texts:**

Onions are mentioned only once in the Old Testament, in the Book of Numbers, chapter 11, verse 5:

*"We remember the fish which we used to eat free in Egypt, the cucumbers, the melons, the leeks, the onions, and the garlic."*<sup>(39)</sup>

Despite efforts, no mention of onions was found in the Holy Bible.

### **Onion in the Quran:**

Onions are mentioned once in the Quran, specifically in Surah Al-Baqarah. The verse recounts an incident involving the Children of Israel and their complaint about the monotony of their food. They requested Prophet Moses (Musa) to pray to Allah for a variety of crops, including onions. The verse is as follows:

وَإِذْ قُلْتُمْ يَا مُوسَىٰ لَنْ نَصْبِرَ عَلَىٰ طَعَامٍ وَجَدَ فَادَعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنْبِتُ الْأَرْضُ مِنْ بَقْلِهَا  
وَقَتَائِهَا وَفُومَهَا وَعَدْسِهَا وَبَصَلِهَا<sup>(40)</sup>

*"And [recall] when you said, 'O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions.'"*

### **Mustard (Rai):**

Urdu Name: رائی (Rai)

English Name: Mustard

Arabic Name: خردل (Khurdal)

Botanical Name: Brassica Nigra

Botanical Family: Brassicaceae

### Introduction and Medicinal Properties:

Mustard, known as "خردل" in Arabic, is characterized by small, reddish-brown seeds with a bitter and pungent taste. Its original habitat is Eurasia, but it is cultivated in European countries as well. Mustard is used as a spice to enhance the flavor of various dishes. It is widely used in cuisines around the world.<sup>(41)</sup>

Different medical properties are contained in Mustard and it has been used for medical purposes since ancient times. It is used as an ointment and poultice in various diseases such as paralysis, gout, joint pain, hysteria, and pleurisy. In addition, it is commonly used in combination with other medicines for stomach pain, liver pain, and spleen pain. It is also used in food to aid digestion. It is beneficial for treating toothaches, throat and tongue sores.<sup>(42)</sup>

### Mention in the New Testament:

Mustard finds mention in the New Testament at five instances. In the Holy Bible, it is symbolically referenced as a mustard seed in the following manner:

*"He presented another parable to them: 'The kingdom of heaven is like a mustard seed that a man took and sowed in his field. It's the smallest of all the seeds, but when grown, it's taller than the garden plants and becomes a tree, so that the birds of the sky come and nest in its branches.'"*<sup>(43)</sup>

### Mention of Mustard (Rai) in the Quran:

Mustard (خردل), known as "Rai" in Arabic, is mentioned twice in the Quran, and in both instances, its mention serves as an analogy. For example, in Surah Al-Anbiya, Allah provides guidance, stating:

وَنَضَعُ الْمَوَازِينَ الْقِسْطَ لِيَوْمِ الْقِيَامَةِ فَلَا تُظْلَمُ نَفْسٌ شَيْئًا وَإِنْ كَانَ مِثْقَالَ حَبَّةٍ مِنْ خَرْدَلٍ أَتَيْنَا بِهَا  
وَكَفَىٰ بِنَا حُسْبِينَ<sup>(44)</sup>

*"And We will set up the just balance on the Day of Resurrection, so no soul will be wronged in the least. And if there is [even] the weight of a mustard seed, We will bring it forth. Sufficient are We as Accountant."*

### Olive:

Urdu Name: زيتون

English Name: Olives

Arabic Name: الزيتون

Botanical Name: Olea Europaea

Botanical Family: Oleaceae

### Introduction and Medicinal Properties:

Olive is a small-sized tree with an average height of about twenty feet. It is an evergreen, fruit-bearing plant that provides oil. For optimal yields, it is

grafted, as cultivation without grafting does not yield good and quality fruits. Olive groves are mostly found in Spain and Italy, but they are also prevalent in Europe, Algeria, Australia, Western Asia, Palestine, Greece, India, Pakistan, and North Africa, among other regions. <sup>(45)</sup> Olive oil, extracted from olives, is not only used in cooking but also finds applications in massage and hair care. Extra virgin olive oil is often used in salads, and it offers numerous health benefits. It helps reduce the risk of heart diseases, regulates cholesterol levels, boosts the immune system, and promotes soft and gentle skin. Olive oil is also beneficial for hair, improving blood circulation and enhancing the flavor of various dishes. <sup>(46)</sup>

#### **Mention of Olive in Ancient Scriptures:**

Olive is mentioned approximately thirty-six times in the Old Testament. For instance, it is referred to as follows:

*"And for six years sow your land and gather in its yield, but the seventh year you shall let it rest and lie fallow, that the poor of your people may eat, and what they leave the beasts of the field may eat. In like manner, you shall deal with your vineyard and your olive orchard." <sup>(47)</sup>*

#### **Mention of Olive in the Gospel:**

The mention of the olive in the Holy Gospel occurs in six instances. One such instance is as follows:

*"And when they drew near to Jerusalem and came to Bethphage, to the Mount of Olives, then Jesus sent two disciples, saying to them, 'Go into the village in front of you, and immediately you will find a donkey tied, and a colt with her. Untie them and bring them to me.'" <sup>(48)</sup>*

#### **Mention of Olive in the Quran:**

*In the Quranic perspective, the olive is considered a blessed and beneficial plant. It is directly mentioned seven times in the Quran, once alone in Surah An-Nur and six times in conjunction with other fruits. On one occasion, the olive is referred to as follows:*

وَهُوَ الَّذِي أَنْشَأَ جَنَّاتٍ مَعْرُوشَاتٍ وَغَيْرَ مَعْرُوشَاتٍ وَالنَّخْلَ وَالرَّرْعَ مُخْتَلِفًا أَكْثَرًا وَالزَّيْتُونَ  
وَالرُّمَانَ مُنْتَسِبًا وَغَيْرَ مُنْتَسِبٍ كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَءَاتُوا حَقَّهُ يَوْمَ حَصَادِهِ وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ  
الْمُسْرِفِينَ <sup>(49)</sup>

*"Allah is He Who created the gardens, some with trellises and others without, and date palms, crops of different shape and taste (its fruits and its fodder) and olives, and pomegranates, similar (in kind) and different (in taste). Eat of their fruit when they ripen, but pay the due thereof (its Zakat) on the day of its harvest, and waste not by extravagance. Verily, He likes not Al-Musrifun (those who waste by extravagance)."*

#### **Date Palm**

Urdu Name: کھجور (Khajoor)

English Name: Date  
Arabic Name: النخل (Al-Nakhl)  
Botanical Name: Phoenix Dactylifera  
Botanical Family: Arecaceae

### **Introduction and Medicinal Properties:**

*The date palm is a dioecious plant, meaning it has separate male and female trees. It is a tall tree found mostly in deserts. The fruit of the date palm is sweet, enjoyed by many. The tree typically has a single tall trunk with only a few leaves at the top. It naturally grows 20 to 25 meters in height. Dates originally come from the Persian Gulf and Mesopotamia. Presently, date palm cultivation is widespread in countries like Saudi Arabia, Iran, Egypt, Iraq, Spain, China, Italy, and Pakistan. Dates are renowned for their high nutritional value, containing around 60-70% sugar.<sup>(50)</sup> They are consumed with enthusiasm due to their sweet taste and nutritional benefits. Dates are also known to combat physical weakness, enhance brain function, and are considered a power food. They can be soaked in milk for consumption, aiding in overcoming physical weakness. Prophet Muhammad (PBUH) favored dates, emphasizing their importance for Muslims. Dates also act as a natural remedy for digestive issues, including constipation and gas. Date pits are used for various purposes as well.<sup>(51)</sup>*

### **Historical Mention of Dates in Old testament:**

*In ancient texts, dates are mentioned approximately 28 times. For instance, in the Book of Habakkuk, dates are discussed with the following words:*

*Translation: "So, on the first day, take the branches of beautiful trees, palm fronds, and thick branches from leafy trees, and willows from the brook. Celebrate the Feast to honor the Lord your God for seven days."<sup>(52)</sup>*

### **Mention of Dates in the Holy Gospel:**

*Dates are mentioned twice in the Holy Gospel. In the Gospel of John, the mention goes as follows:*

*"The next day the great crowd that had come for the festival heard that Jesus was on his way to Jerusalem. They took palm branches and went out to meet him, shouting, 'Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the king of Israel!'"<sup>(53)</sup>*

### **Mention of Dates in the Quran:**

*In the Quran, various fruit-bearing trees and fruits are mentioned, but the date palm is the most frequently referenced. Dates have been mentioned twenty (20) times with different names. The term "النخل" (Al-Nakhl) is mentioned ten times, "نخلًا" (Nakhlān) is mentioned once, "النَّخْلَةَ" (Al-Nakhlah) is mentioned twice, and "نخيل" (Nakheel) is mentioned seven times. For example, guidance is provided at one instance:*

وَهَزِّي إِلَيْكَ بِجِدْعِ النَّخْلَةِ تُسَاقِطُ عَلَيْكَ رُطْبًا حَنِيئًا<sup>(54)</sup>

"And shake the trunk of this palm tree towards you; it will drop fresh, ripe dates upon you."

#### **Cucumber:**

Urdu Name: ککڑی / کھیرا

English Name: Cucumber

Arabic Name: قثاء / خيار

Botanical Name: Cucumis Melo / Cucumis Utilissimus

Botanical Family: Cucurbitaceae

#### **Introduction and Medicinal Properties of Cucumber:**

Cucumber, belonging to the Cucurbitaceae family, is a beneficial vegetable associated with pumpkins, gourds, and melons. It has a water content of up to 90%. Cucumbers are cultivated in the Arab regions. They contain approximately 3% carbohydrates and 0.4% protein. Cucumber seeds are diuretic and are recommended for urinary diseases.<sup>(55)</sup> They are also beneficial for treating kidney stones. Cucumber helps soothe blood heat, inflammation, and supports the liver and stomach. It contains water, protein, moderate amounts of fat, calcium, phosphorus, iron, iodine, and vitamins C and A. Cucumber is refreshing and contributes to skin freshness and radiance when applied as a mask.<sup>(56)</sup>

#### **Historical Mention of Cucumber in Ancient Scriptures:**

Cucumber is mentioned once in ancient scriptures. Similar to the incident in the Quran where the Children of Israel demanded various vegetables and provisions, historical texts also depict the desire for free fish, cucumbers, watermelons, onions, and garlic while they were in Egypt. A specific reference can be found in the ancient covenant:

"And the mixed multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlic." (57)

#### **Mention of Cucumber in the Quran:**

The Quran mentions cucumbers once. In the context, the Children of Israel expressed impatience with the divinely sent manna and quails, desiring common foods instead. The Quran describes their cravings, including cucumbers:

وَإِذْ قُلْتُمْ يُمُوسَىٰ أَنْ نَصَبِ رَ عَلَىٰ طَعَامٍ وَجِدْ فَادْعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنْبِتُ الْأَرْضُ مِنْ بَقْلِهَا  
وَقَتَائِهَا وَفُومَهَا وَعَدْسِيهَا وَبَصَلِيهَا<sup>(58)</sup>

"When you said, 'O Moses, we cannot endure one kind of food, so pray to your Lord to bring forth for us what the earth produces – its herbs, its



*cucumbers, its garlic, its lentils, and its onions.*<sup>1</sup>"

**Fodder/Grass:**

Urdu Name: گھاس / چارا

English Name: Fodder / Grass

Arabic Name: ابّ / علف / عليق

Botanical Name: Poaceae

**Introduction and Importance of Grass:**

Fodder, also known as chāra in Urdu, refers to any agricultural feed primarily used for feeding domesticated animals such as cows, buffaloes, horses, goats, sheep, and poultry. In addition to serving as animal feed, grass also plays a crucial role in soil conservation. Its roots strengthen the soil and prevent erosion. Grass has significant importance in agriculture, contributing to maintaining a balanced natural environment and preserving it. It enhances the beauty of the landscape where it grows, providing aesthetic pleasure to observers. Grass contributes to safeguarding the soil from seasonal changes, absorbing rainwater, preventing soil erosion, and reducing the risks of flooding. Thus, it acts as a natural and cost-effective means of absorbing carbon dioxide and supplying clean oxygen, playing a vital role in reducing air pollution.<sup>(59)</sup>

**Historical Mention of Grass in Old Testament:**

Grass and fodder are mentioned in seventy-five places in Old Testament. The Torah emphasizes the importance of grass and fodder, comparing it to the rain that saturates the soil. Old Testament describe as follows:

*"The one who sows in that field will reap as if the grass has been cut, and it will come down like rain that saturates the ground."*<sup>(60)</sup>

In another instance, referring to fodder, it is written:

*"While we have hay and fodder for our donkeys, and for my and your mule, and for the young man who is with your servants, there is no shortage of bread and wine."*<sup>(61)</sup>

**The Grass in Holy Bible**

In the Holy Bible, the mention of grass is found at thirteen places. In one instance, it is mentioned as follows:

*"He instructed them to sit down in groups on the green grass. So they sat down in groups of hundreds and fifties."*<sup>(62)</sup>

**Mention of Grass in the Quran:**

In the Noble Quran, the mention of fodder is only found with the word "abba" (fodder) at one place. However, the mention of grass and fodder for livestock is present at multiple places in the Quran. The mention of grass and fodder in the Quran is as follows:

وَفُكْهَةٌ وَأَبَا - مَتْعَا لَكُمْ وَلَا نَعْمِيكُمْ (63)

"And fruits and forage – all for you and for your grazing livestock."

In another place, it is mentioned in Quran:

أَوَلَمْ يَرَوْا أَنَّا نَسُوقُ الْمَاءَ إِلَى الْأَرْضِ الْجُرُزِ فَنُخْرِجُ بِهِ زَرْعًا تَأْكُلُ مِنْهُ أَنْعَامُهُمْ وَأَنْفُسُهُمْ أَفَلَا

يُبْصِرُونَ (64)

"Have they not seen that We draw water to the dry land, bringing forth crops thereby which their cattle and they themselves both eat? Will they not then see?"

## Garlic

Urdu Name: لہسن (Lehsan)

English Name: Garlic

Arabic Name: فوم / ثوم (Foom / Thoom)

Botanical Name: Allium Sativum

Botanical Family: Liliaceae

## Introduction and Medicinal Properties of Garlic:

Like other blessings from Allah, garlic is also a blessing because it contains numerous medicinal benefits. Garlic has a bulbous, ovate shape with a white skin covering the cloves. (65) The garlic bulb is made up of cloves that are clustered together, resembling a turnip. It has a strong odor and is used to enhance the flavor of various dishes. Besides its aroma and taste, garlic is renowned for its many health benefits. For almost five thousand years, Greek physicians used garlic for treating various ailments systematically. Garlic has been employed in the treatment of intestinal diseases, respiratory infections, skin conditions, and wounds, as well as for diseases and conditions that develop with advancing age. (66) It is also considered beneficial in lowering high blood pressure and alleviating persistent coughs. Furthermore, garlic aids in digestion, helps expel phlegm, and increases appetite. Physicians have found its usage beneficial even in cases of stroke. (67)

## Mention of Garlic in the Old Testament:

The mention of garlic is found only once in the Old Testament. In the New Testament (the Holy Bible), there is no mention of garlic. In the Torah, the reference to garlic is presented in these words:

"And the mixed multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlic." (68)

## Mention of Garlic in the Quran:

In the Quran, garlic is mentioned at one place. However, in the

traditions of Islam (Hadith), its mention occurs at various instances. The Quran describes garlic as follows:

وَإِذْ قُلْتُمْ يَا مُوسَىٰ لَنْ نَصْبِرَ عَلَىٰ طَعَامٍ وَجَدْنَا فَادًّا لَنَا لَنْ نَجِدَ لَنَا مِمَّا تُنْبِتُ الْأَرْضُ مِنْ بَقْلِهَا  
وَقَتَائِبِهَا وَفُومِهَا وَعَدَسِهَا وَبَصَلِهَا (69)

*"And when you said, 'O Moses, we can never endure one kind of food.  
So call upon your Lord to bring forth for us from the earth its green  
herbs and its cucumbers and its garlic and its lentils and its onions."*

### **Conclusion:**

The mentioned detail makes it clear that the importance of plants and vegetation is significant in all divine religions, and discussions on the importance, properties, and benefits of various plants are present in the sacred texts of divine religions. Also, in the sacred texts of divine religions, some medicinal properties and wisdom are found in the mentioned plants. There is a deep connection between the plants mentioned in the sacred books of divine religions and their medicinal properties and wisdom. To understand the importance of plants and their medicinal effects in the biological world, it is necessary for the followers of divine religions to study these sacred books, especially the Holy Quran, and it is also important to understand that these books attribute special importance to plants and vegetation. It is necessary to repeatedly mention plants in the divine books to highlight their importance and to teach that it is essential to preserve this great blessing of Allah Almighty. This research provides the best means to deeply understand the medicinal plants and their sanctity and importance. It also reveals that plants have been used as medicine since ancient times, so using these plants as medicine, no matter how old it may be, is effective and beneficial.

The results of this research also make it clear that even in modern times, it is necessary to pay attention to learning about plants and their healing properties.

### **Results:**

This research encompasses the introductory studies of mentioned plants in the inspirational scriptures of various religions. For this purpose, a comprehensive effort was made to study the inspirational scriptures, Torah, Bible, and the Quran, and the following results were obtained:

1. Plants are abundantly mentioned in all inspirational books.
2. Animals and humans rely more on these plants for their food.
3. Besides food, these plants also have other benefits and medicinal properties.
4. These inspirational books, especially the Quran, mention plants in one way or another as beneficial for humans.
5. The importance of plants, their characteristics, and the wisdom contained in them are to some extent similar in the teachings of all inspirational religions.

6. Plants have a deep connection with the environment and play an important role in maintaining balance in the environment.
7. The inspirational books have preserved these plants by mentioning them and have taught humans to practically demonstrate the protection of these plants.



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