

Quranic Fruits and Their Role in Health

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Abstract

God repeatedly mentioned the creation of fruit trees and granting them to human in the Noble Qur'an .In this Heavenly Book, an oath has been taken to the fruits such as fig and olive and in various surahs the fruits such as pomegranates, grapes and dates are mentioned .The conducted studies and the scientific accomplishments have determined that Qur'an as the miracle of the Holy Prophet is rich in covert mysteries. In this research, based on descriptive-analytical method and the data collection by documentary and library method, five important fruits noted in the Qur'an and traditions have been selected and analyzed. About the selected plants, the information such as family name, the scientific name, the Arabic name and some of the herbal and medicinal properties of authentic scientific sources have been extracted and studied and the verses related to each plant have been stated and finally, the properties, merits and the uses of the question species have been pointed out. The study results suggest that in Islam as the most comprehensive religion and in the Holy Qur'an as the most perfect book of human guidance, all aspects of human life have been given special attention to. In this Heavenly Book, all human needs, including his physiological needs for living, are also well thought of .Today, following various observations and experiments on medicinal plants, they have been identified as the significant medicinal sources and drawn attention. While in Quranic verses and the quoted traditions by the Imams (AS), there are plenty of recommendations on plants' and fruits' remedial and nutritional benefits .Going through the scientific resources on traditional medicine and new studies shows that such emphases on these valuable fruits haven't been void of wisdom and reason and lots of mysteries have been hidden underneath such Heavenly fruits.

Key words: the Qur'an, Quranic fruits, health and nutrition

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Introduction

The importance of plants in man's life is an obvious issue so that not only the life of man and other living creatures on the earth, but also even visualizing the first day of human's life seems unbelievable without the presence of plants (14).

Of the primary recommendations of God to Adam (AS) was to eat the permitted foods and to abstain the forbidden ones. God states in the Qur'an that:

"O' You Adam! Dwell in that garden with your soul-mate and eat from wherever you desire, but never approach this tree that if you do, you will be included in the unmerciful." (AL-A'raf/19),

Which indicates the significance of the health of food .Opposing it, Satan also invites him to eat the forbidden food in order to deviate Adam.

"Then, Satan whispered evil suggestions to them so order that he might show them their private parts and He said:" Your Creator and Nurturer did not forbid you from this Tree save you Two may become Angels or lest may become immortal."(Al-A'raf/20)

In order to keep living and survive, our body is in need of the requirements such as nutrition, clothing, housing, and the like .These needs are natural and vital and accompany us from birth till death .Plants are of the earliest food detected by man (28).In Qur'an also, as the Heavenly Book and the Living Program for guiding man from God, there are some verses pointing to the role of plants in man's life. In addition, in Quranic narrations and verses, various and numerous advantages of plants have been stated with very subtle and sometimes surprising interpretation .A large portion of the required food comes from plants .Plants are highly effective in protecting soil and considered as an appropriate ground for preserving wildlife and removing the ground for devastating floods (5).According to the Quranic verses, the fruits such as grape, pomegranate and fig are Divine Gifts. Analyzing the Quranic verses, from place to place, you get to see the pictures describing the Heavenly blessings and favors God came up with good tidings for the believers to enjoy them. A part of the mentioned verses is on the characterization of different sorts of the Heavenly foodstuff and beverages. From the Quranic verses, it is perceived that fruits are highly significant in human nutrition and their role in human's

freshness and vitality, not only scientifically but also in terms of general public experience, is evident (9). The most prominent role of plants in human's life is their nutritional role to which God drew human's attention in the verses 24-32 of the Surah of Abasa (14).

Fresh and dried fruit are rich in minerals, vitamins and enzymes, easily digested, with a cleaning effect on blood and digestive system, they are also good medications and of their other actions is to maintain and balance the body's moisture content. Due to their low sodium levels, fruits are befitting for people with low salt diet. Fruits are rich in calcium and iron, which are beneficial for sustaining bone and blood. It has been proved that vegetable and fruit extracted juices are equal to spas' water and increase the secretion of the stomach, kidneys, bile, and skin, leading to the toxins being removed from the body. Moreover, plants are the best source of salts supply. Plants greatly contribute to human diseases' treatment and make up the majority of the drugs used by humans or their raw materials. The Prophet (p.b.u.h) stated: "God hasn't given a pain unless already sending its remedy." (14)

Over thousands of years, human has referred to plants for the diseases' treatment and received beautiful responses from them, bringing health to them. Human has discovered that the world of plants is the largest Divine photosynthesis laboratory bestowing thousands of substances to the world without unbecoming complications (14). After various observations and experiments, medicinal plants have been identified as the main sources of medicine. The majority of homeopathic medicines are made from fresh plants (28).

Material and Methods

The current research has been performed through descriptive-analytical method and the data collection has been done by documentary and library method. In this study, in addition to studying Qur'an and the relevant papers and books on the religious science, agriculture and medicine, five major fruit mentioned in Qur'an and narrations have been selected. About the selected plants, some information such as family name, scientific name, Quranic name and some systematic properties, botanical and medicinal materials have been extracted from the authentic academic sources and then analyzed. Then drawing the Qur'an, each plant related Quranic verses have been given and at the end, the properties, benefits and uses of the desired species have been supplied.

Results

The present findings have yielded from analyzing five types of fruits belonging to five different plant families pointed out in the Qur'an. These plant species include pomegranate, olive, grape and date, being consumed all over the world; these products are consumed as food and vegetable and are applied in industrial and pharmaceutical products. About each plant, the scientific name, English name, Arabic name, Persian name, the parts in use, medical use, Quranic references, and some hadiths and narrations have been presented and finally, the present scientific findings about the study plant have been examined.

Olive is an evergreen plant with crossed leaves of the family Oleaceae known as *Olea Europea* L. Olive is an evergreen plant and native of the Mediterranean region. The fruit of this plant is drupe like used both edible and for producing oil. Olive oil has unsaturated fatty acids and antioxidants, which can reduce life span and the diseases associated with saturated oils consumption. A diet rich in olive oil as a source of unsaturated fatty acids contributes to lowering cardiovascular disease via the plasma lipid profile decrease. Consuming olive oil has a long history. Various civilizations and religions have used olive oil in religious rites, making sacred fire, also lighting the sacred statues in the temples and their homes. Olive oil has been applied to preserve the athletes' muscles' flexibility, face freshness and delicacy, to keep body skin delicacy and hair growth and brilliance (12).

Ripe olives are warm and astringent in traditional Iranian medicine and raw olives are cold and dry and olive oil is warm and dry. Olive leaves are also warm and dry. In traditional medicine, olive and its products have various uses. It is stated that olive is useful and effective for strengthening muscles, retarding aging process, purifying blood, removing rubella induced points, tuberculosis, eczema, kidney pain, pancreas, stomach and cold diseases (28).

In different religions, olive has been considered sacred and auspicious. Tura considers olive tree as the first one and in the Gospel, it is mentioned more than 200 times (12), and of course, in the Qur'an, it is also noticed several times. Olive is so important that God takes an oath to it in At-tin Surah. "By Tin and Zaitun."(At-tin/1).

"Allah is the One Who sent down water from the sky; and with it, We bring forth the shoot of every plant, And then We bring forth the green leaf of it ,from which ,We produce closed-compounded grain ;and of the palm tree ,from the spathe of it ,come forth clusters of dates close to the hand; and We produce gardens of vines,olives,pomegranate like to each or unlike

to each .Look upon their fruits. When it yields fruit and also the ripening of it; Verily, in all these are signs of Allah's Power of Creation for those who believe."(Al-An'am/99)

"Therewith He brings forth for you plantations, olives, palms trees and grapes, and all kinds of fruits and corns. Verily, in this is a Sign of Allah's Power for the men of thought."(An-Nahl/11)

"Allah is the Light of the heavens and the earth; the similitude of Allah's Light is a niche in which there is a lamp and the lamp-shade is a shining star lit from a blessed olive tree which does not belong either to the East or the West .The oil which does not need to be kindled by matches or any fire ;its light stems from the Supreme Light ;Allah does guide with His Light whoever He Wills and Allah sets Parable for men to understand the meaning of the Message ;and Allah is the knower of all things ."(An-Nur/35)

Various narrations have been quoted from the Prophet and the Imams, in which the significance behind eating olive oil and rubbing it on the body has been stressed.

The studies indicated that olive oil contains potent antioxidants, such as polyphenols and flavonoids, the antioxidants which lower the body fat peroxidation and reduce oxidative stress and this manner, it leads to the reduced risk of developing diverse cancers. Due to its high levels of unbound fatty acids (oleic acid), delicious flavor, good stability and special health effects, it is viewed as a unique edible oil (11).

Date is a double-breeding plant from Palmaceae labeled as *Phoenix dactylifera* L. Known Palm tree in English and *TAMAR* in Arabic. The origin of this tree has been stated as Iraq and the Western and Southern parts of Iran .Date is cultivated in different parts of Khuzestan, Boushehr, the Southern part of Fars, Hormozgan and Sistan-Baluchistan provinces(15).

Date contains over 13 vital elements and 5 types of vitamin .Date is rich in calcium, as the main factor for bone strength. Also it contains some phosphorus, as the main brain constituents and prevents nerve weakness and it has some potassium lack of which causes stomach ulcers. For this, a newly delivered woman is recommended to consume date .This fruit is highly nutritious and due to its glucose, it can be easily absorbed by the body and supplies its thermal requirements. Moreover, this fruit has an oxytocin-like substance that facilitates delivery by increasing the uterus' contractions during delivery, and reduces the uterine hemorrhage duration and level .Nothing can heal a newly delivered woman as date can since God bestowed date for the Jesus Mary at that time (14).

In traditional medicine, date is used as a medicine for heart problems, skin diseases, intestinal pain, heart attack, labor pain, diarrhea, sexual weakness, stomachache and liver diseases (28).

In the Qur'an, this Heavenly fruit has been recalled in many verses.

The story of the birth of Jesus Christ (AS) is expressed in the verses 19-34 of the Surah Maryam. In these verses, Maryam was commanded to shake the palm tree so that to access and eat the fruit and God selected date as her food.

"And shake the branch of palm-tree towards yourself, it will come tumbling upon you fresh and ripe dates; so eat of the fresh date and drink from the stream and be happy."(Maryam/25-26)

"And from the fruits of the date-palms and the grapes you drive an intoxicant drink and also a good nourishment .Surely, in this is a sign for the men of Reason."(An-Nahl/68)

"Or you own a garden of date-palms and grapes; and you make streams to gush forth abundantly, all among it?"(Al-Israa/91)

"And by water, We produced for you Gardens of palm-groves and vine-yards and in the gardens fruits of all kinds grow for you to eat."(Al-Mu'minun/19)

"And We made in the earth vine-yards and palm-groves; and we caused fountains to gush forth therein."(Ya.Sin/34)

"Allah is the One Who sent down water from the sky; and with it ,We bring forth the shoot of every plant and then We bring forth the green leaf of it, from which We produce closed-compounded grain; and of the palm-tree, from the spathe of it, come forth clusters of dates close to the hand; and We produce gardens of vines, olives, pomegranates like to each or unlike to each. Look upon their fruits when it yields fruit and also the ripening of it; Verily, in all these are signs of Allah's Power of Creation for those who believe."(Al-An'am/99)

"And on the earth are diverse tracts through neighboring and there are on the earth gardens of vines and ploughed lands, and date –palms some having one stem and others having more, but all watered with the same water, yet We excel some eatable produce or fruit of them above others; Verily, in these, there are Signs of Allah's Power of Creation for those who use their reason."(Ar-Ra'd/4)

In the verse 266 of the Surah Al-Baqarah, in the verses 11-28 of the Surah Ar-Rahman and the verses 27-29 of the Surah Abasa, this Heavenly fruit has been stated.

There are various narrations about the advantages of date quoted from the Imams, in all of which eating date and its effects on health and treating the diseases have been emphasized. For instance, Imam Ali stated: "A pregnant woman cannot eat anything and cannot take any medicine superior to fresh date.

About date, its compounds and effect on health, various studies have been done by the researchers that we just cite some cases. Studying the chemical compound and fatty acid profile of palm stone, Ata Salehi et al. (2010) reported that palm stone contains a significant amount of fiber and possibly resistant starch that may be useful in promoting health and palm stone extracted oil can be used for the production of cosmetics, pharmaceuticals and food products. Dates contain a high percentage of carbohydrates, fat, salt and minerals, protein, vitamins, and also significant amounts of fiber foods. In addition, the compounds include carotenoids, proanthocyanins, glycosylated flavonoids from flavonoids and flavonols (such as lutein, apigenin and quercetin), and several other substances have been reported in dates. The palm fruit has anti-cancer and antitumor effects, it protects against stomach ulcers, anti-inflammatory and anti-mutagenic effects (8).

Pomegranate known as *Punica granatum* L. is a shrub of the Punicaceae family, called Pomegranate in English. This tree is called ROMAN. The majority of the researchers agree that pomegranate is native of Iran and has gradually expanded from Central Asia to Himalaya, the Middle East, Asia Minor, and the Mediterranean. Except in the areas with cold and long winters, Pomegranate tree has the potential to adapt to different climates. Pomegranate has always been focused by human societies. Pomegranate has been pointed out in some of the Quranic verses. In this case, we can state some of the following verses:

" Allah is the One Who sent down water from the sky; and with it, We bring forth the shoot of every plant, And then We bring forth the green leaf of it, from which, We produce closed-compounded grain; and of the palm tree, from the spathe of it, come forth clusters of dates close to the hand; and We produce gardens of vines, olives, pomegranate like to each or unlike to each. Look upon their fruits. When it yields fruit and also the ripening of it; Verily, in all these are signs of Allah's Power of Creation for those who believe." (Al-An'am/99)

"Allah is the One Who produced gardens (of vine), trellised and untrellised; also palm-trees, and crops of which the fruits are varying; and olives, and pomegranates, like to or unlike each other. Eat of the fruits [of the gardens] when they are ripe and pay the due to the needy thereof, on the day of its ripening; and do not be extravagant; verily, Allah does not like the extravagants."(Al-An'am/141)

"In both Gardens, there are fruits and date-palms and pomegranate; then, which of the Bounties of your Creator and Nurturer do you deny?"(Ar-Rahman/68& 69)

The importance of pomegranate is vivid in the hadiths and traditions of the Imams. So that it has been introduced as the best fruit in Islamic narratives and many benefits have been attributed to it. In the book Al-Kafi by Sheikh Kellini, Imam Sadiq (AS) has been quoted as saying: "If fruits are available in 100 colors, pomegranate is the best.

Imam Ali (AS) stated that:

"أَطْعِمُوا صِبْيَانَكُمْ الرُّمَانَ فَإِنَّهُ أَسْرَعُ لِلسَّنَةِ لَهُمْ"

"Feed your children with pomegranate since it accelerates their speaking power."

Imam asserted in another hadith that:

كُلُوا الرُّمَانَ بِشَحْمِهِ فَإِنَّهُ دَبَّاعٌ لِلْمَعْدَةِ وَ فِي كُلِّ حَبَّةٍ مِنَ الرُّمَانَ إِذَا اسْتَقَرَّتْ فِي الْمَعْدَةِ حَيَاةٌ لِلْقَلْبِ وَ إِنَارَةٌ
لِلنَّفْسِ وَ تُعْرِضُ وَسْوَاسَ الشَّيْطَانِ أَرْبَعِينَ لَيْلَةً

"Eat pomegranate with its suet (the yellow and thick peel pomegranate seeds are located on), because that yellow peel tans your stomach. Every seed of pomegranate in stomach will make heart and soul alive and causes the devil's temptations invalid for up to 40 nights. The prophet (p.b.u.h) is quoted that: you are recommended to eat sweet pomegranate since every seed of pomegranate doesn't do anything except healing the pain and disease (3).

Analyzing the traditional medicine academic references and the new studies indicates that such emphases on this invaluable fruit aren't mentioned without reason and wisdom and there are lots of secrets in this heavenly fruit. Some studies conducted on pomegranate have been mentioned.

In traditional medicine, the effects of pomegranate on hepatitis, muscle ailment, heart and liver disease, eye diseases, dental problems, oral diseases, diarrhea and dysentery (28), blood

purification, acute cough have been given and it has been estimated that consuming pomegranate juice refreshes face. Pomegranate sour fruit is harmful to the gastric ulcer sufferers and to cold tempered people and lowers liver's absorption, while the sweet and subacid pomegranate juice removes the bile and strengthens the stomach and liver and in the treatment of the biliary and jaundice fevers and cutaneous diseases, it plays a remarkable role in recovering from these maladies(3). Pomegranate has a blood cleansing potential and a significant amount of vitamin C. Other therapeutic effects of pomegranate include strengthening the stomach, excretion of gallstones, jaundice, itching and eye sight, chronic lesions and strengthening the gums(9).

In Al-Qanoon, Avicenna wrote that pomegranate with all its parts have medicinal properties. This Iranian physician used pomegranate flowers to stop bleeding and strengthen the gum, its powder to treat old and chronic ulcers and its bark to treat liver inflammation, cough and ulcers. Today, several studies have been done on its properties and the existing compounds, confirming the beneficial effects of pomegranate on the prevention and treatment of many diseases. Consuming various pomegranate juice products in the diet of most indigenous peoples of Asia, America and Mexico is a potent antioxidant for the prevention of cardiovascular diseases and cancers(26). The researchers mentioned the polyphenols (caffeic acid, gallic acid, punicalagine, ellagic acid and coumaric acid), the flavonoids (routine, quercetin, camphorol, lutein) and proto-cyanine (catechins, epithecines, epigallocatechins) in different fruit parts as the potent antioxidants in reducing LDL, blood pressure, heart rate and anticancer regulation(18). Kaur et al. (2006) pointed out various parts of pomegranate fruit (skin, juice and seeds) as a powerful antioxidant in treating cardiovascular diseases and also protecting the liver and shielding against cancers (21). The antioxidant effect of pomegranate juice as an anti-inflammatory agent in the treatment of atherosclerosis has been mentioned that the effective function has been attributed to the phenolic compounds, flavonoids and anthocyanins (pelargonidin, cyaniding, and delohinidin) and the phenolic compounds of ellagic and punicalagine (19& 30).

In this regard, similar investigations have been performed that, besides dealing with the anticancer and antioxidant effects of various pomegranate organs in diverse habitats and varieties and also the compounds' different qualitative and quantitative in diverse habitats and ecotypes, exhibit different functions in terms of its antioxidant, anti-inflammatory and

anticancer properties (25). Huang et al. (2005) in a similar research discovered that the phenolic, flavonoid, and anthocyanin compounds of pomegranate flowers lower inflammation and treat myocardial infections, reduce cholesterol (LDL), decrease blood pressure, lower the risk of diabetes and also play an important role in protecting the heart, the liver and regulate blood glucose and reduce the complications of diabetes(20). Aviram et al. (2008) investigated the anti-clotting effect of the skin, aril and pomegranate flowers in vitro and in vivo and suggested that the polyphenols as ellagic acid, penicillin Punicalagine and gallic acid are of the most important compounds of the desired organs extract in reducing serum lipids and the anti-arteriosclerosis effect. The deposition of veins and clots emphasizing fat consumption and oxidative stresses is of the most important causes of atherosclerosis and its mortality (17).

Fig is a tree of the Moraceae family known as *Ficus carica* L., called fig in English and TIN in Arabic. This tree is tropical that does not tolerate areas with very cold winters. This plant is originally from the Mediterranean areas. In Iran, it is distributed in most of the forests of the Caspian Sea, Mazandaran, Azerbaijan, Isfahan, Fars, Khuzestan and Khorasan.

The fruit of this tree has been paid attention since ancient times for its high nutritional value and medicinal properties. Various parts of this plant (juice, leaf, fruit) are used in the treatment and prevention of diseases (13). Fig usages in traditional medicine are too many. Fig leaves are used due to the properties as laxative and intestinal worm removing and painkiller. Fresh figs are useful in the treatment of chronic constipation and sodden dry figs to relieve gum and throat infections and white figs' latex for treating warts and callus (13).

Some hadiths and traditions have been stated by the Imams about the benefits of figs, all of which suggest this heavenly fruit's advantages. About figs 'merits, Imam Reza (AS) said this way:

الْتَيْنُ يَذْهَبُ بِالْبَحْرِ وَيَسْتُدُّ الْعَظْمَ وَيُنْبِتُ الشَّعْرَ وَيَذْهَبُ بِالْدَاءِ وَلَا يَحْتَاجُ مَعَهُ إِلَى دَوَاءٍ

"Fig eliminates bad breath, strengthens the bones, boosts hair growth, and when you access fig, you do not need medication."(Wesh al - Shi'a, vol.17, p.133, h1)

The significance of fig is so much that God takes an oath to it in the Qur'an and so that some commentators attribute this to the great properties of fig tree and some others mention "TIN" belonging to Adam's time; since, the clothes Adam and Eve were wearing in the Heaven were from fig leaves.

"By Tin and Zaitun."(At-TIN/1)

The recent studies have revealed the secrets of fig more than before. Here we deal with some of the studies related to this plant and its properties .In the past, sodden fig levels were used to treat diabetes and liver and kidney stones (29).The pharmacological properties of fig leaf are probably due to numerous phenolic compounds present in it some of the most important of which are as the following: Furanocarmins, flavonoids, phenolic acids and phytosterols (26).

Comparing the concentration of fig elements and that of apple as a common fruit, Selahvarzia et al. (2009) reported that the amount of the elements such as calcium, iron, phosphor, potassium and zinc in fig is far more than their concentrations in apple.

Casein makes up a large amount of the proteins in milk and its full digestion can help provide dried milk rich in essential amino acids for breast-feeding infants allergic to cow milk .In this line, Norouznejad et al. (2008), analyzing the effect of unripe fig extract on cow milk casein hydrolysis, reported that Fisin (the protease present in unripe fig) is a suitable candidate for producing dried milk formula containing casein hydrolyzed for nutritional applications.

The above researchers, quoted by other researchers, stated that Fisin is applied in the formulation removing wart and callus and warms for smoothing the skin, in the meat industries for tenderizing meat and preparing sausages, as well as Rh determinant kits for soap and adhesive industries.

Grape tree in Persian called "MO" and or "TAK", is a herb from Vitaceae family, known as *Vitis vinifera* L. in academic setting and as grape in English and ENAB in Arabic .This plant is cultivated in different parts of the world. This fruit is one of the most important fruits consumed by human beings for a long time. According to the existing traditions, Noah was the first to cultivate grapes (12). The parts used in this plant are its leaf and fruit.

In various Surahs of the Qur'an, including the Surahs of An-Nahl (67), AL-Israa (91), Abasa (27), Al-Mu'minun (19), Ya-Sin (34), An-Naba (31 and 32) and ... grape has been introduced as food and fruit in this world as well as a heavenly fruit. In the Surah Ar-Ra'd, God states as saying:

"And on the earth are diverse tracts though neighboring; and there are gardens of vines and ploughed lands, and date-palms, some having one stem and others having more, but all watered

with the same water; yet, We excel some eatable produce of fruit of them above others. Verily, in these, there are Signs of Allah's Power of Creation for those who use their reason."(Ar-Ra'd/4)

And in the Surah Al-Baqarah, God states that:

"Would anyone of you wish to have a garden of date-palms and vines with streams flowing in it and all kinds of fruits grow therein .But he is stricken with old age and his children are weak [not able to look after themselves]; then, suddenly the garden is stricken down by a fiery whirlwind and gets burnt up? Thus, does Allah make clear to you if His Words of Revelation, so that you may ponder."(Al-Baqarah/266)

In the traditions by the Prophet and the Imams, the significance of grapes has also been emphasized. In Al-..... Medicine and the Imams, there are narrations from the Prophet and the Imams, indicating the high value of grapes in the Prophet's mind. For instance, the Messenger asserted that the best food is bread and the best fruit is grape for you and in the same book, Imam Ali has been quoted that four things have been sent down from the Heaven, one of which is grape (4). Grapes are very valuable in terms of their nutritional value and health properties. The sugars such as saccharose, glucose, dextrose and organic acids such as formic acid, malic acid, citric acid and tartaric acid are among the organic compounds found in grapes. Potassium B Tartarat and some mineral salts are also present in grapes (4).In traditional medicine, grape is used for stomach diseases, the cold effects on the body, joint pain, rheumatism, liver and lung diseases, spleen and liver obstruction, cold, cough, kidney and bladder pain, removing kidney and bladder stones, and being effective in rheumatism, arterial, venous, gout, blood pressure and high blood urea (4, 3, 28). Plus being considered as a complete food in terms of its existing properties, its nutritional value is close to that of breast milk, grapes produce heat twice than meat .In addition, it enhances nerves and produces vitality and due to owning a variety of vitamins, it gives human strength and power (9).Because of containing potassium, it is cardiac tonic and due to its lime, it prevents rickets .For having iron, manganese and magnesium, grape is medicine for anemia .It's laxative and reduces intestinal fermentation and dilutes bile(3).

Today, consuming and studying grape seed oil due to the presence of flavonoids, especially anthocyanidin, which has an antioxidant property, has been taken into account by the researchers from various biological science fields.

The conducted studies revealed that different extracts of grape seeds have antioxidant and anti-bacterial properties. Besides the above properties, grape is a very useful operator, including being its properties for fighting prostate cancer, colon cancer and breast cancer (22, 24).

Hypertension is one of the main reasons behind death. According to the controlled studies, diastolic blood pressure drop accompanies with reduced stroke and heart diseases. The studies indicated that polyphenols in grapes can delay atherosclerosis progression. Research has also shown that consuming red grapes reduces diastolic blood pressure (2).

Conclusions

The religion of Islam as the most comprehensive religion has paid attention to all dimensions of human life, so that nothing has been taken for granted in the Quran, as the most perfect Heavenly book (28). So that in expressing the role of proper nutrition in human health in different Quranic verses, plants and their importance in human nutrition have been stressed, so that even in counting the Heavenly blessings, God has put fruits in a superior position to meat. In addition to human nutrition, plants are applied as medicines in treating diseases. For instance, in the Qur'an, regarding the story about Jonah (AS) and the birth of Jesus (AS), this role of plants has been reminded. In addition, in the Surah Al-Nahl, the phrase "شفاء للناس" has been used for honey that is associated with the plant origin of honey expressing the herbal medicinal properties. Thus, referring to the Quranic verses and the narrations, the requirement behind paying more attention to plants and applying them in human nutrition and preparing medicine for treating diseases is obvious (14).

From a scientific perspective, fruits also have many benefits for different bodily systems. Using fruits or juices is the best way to channel water to the organs. Juice consumed by patients benefits them a lot in proving sugar and minerals simultaneously. The clinical observations suggest that potassium, magnesium and sodium in fruits act like diuretics, and when fruits and juices are used, urinary excretion increases. Dried fruits are rich in calcium and iron essential for bone and blood enhancement. Fibrous substances such as cellulose in fruits help food easily get into the digestive tract and facilitate the intestinal activity. Unripe fruit extracted syrup is used for the treatment of diarrhea and it is especially harmless for children. Moreover, fruits based sugar and organic acids increase their laxative effect; therefore, consuming fruits regularly can prevent and relieve constipation.

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