

## THERAPEUTIC AND TRADITIONAL FEATURES OF PLANTS LISTED IN AL-QUR'AN AND SUNNAH; OLIVE (OLIA EUROPEA)

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

**KEYWORDS:** Holy Qur'an, Sunnah, Olive, oil, medicinal, traditional, usage.

### Overview:

The Heavenly Qur'an is called God's Statement uncovered to His last Prophet Muhammad (ﷺ) - by Jibril (Alaih Salam: عليه السلام), who is supernaturally adored and discussed which opens with Surah Al-Fatihah, and finishes up with the Surah An-Naas (individuals).It merits referencing that can't Jinn and humankind to come somewhat like him, where Allah said;

﴿أَمْ يَقُولُونَ افْتَرَاهُ قُلْ فَأْتُوا بِسُورَةٍ مِّثْلِهِ وَادْعُوا مَنِ اسْتَضَعْتُمْ مِنْ دُونِ اللَّهِ إِنْ كُنْتُمْ صَادِقِينَ﴾<sup>1</sup>

Or do they say [about the Prophet], "He invented it?" Say, "Then bring forth a surah like it and call upon [for assistance] whomever you can besides Allah, if you should be truthful." <sup>2</sup>

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

### Olive in Qur'an Al-Hakeem

Kamal al Din Bataouni argument that; "The Qur'an offers logical realities about the decent variety of plants and foods grown from the ground these realities came in the

Qur'an in a helpful structure. In the Qur'an numerous plants are referenced, and they can be depicted as follows". Olive, Dates, tamarisk, Christ's thistle, palms, Punica granatum (pomegranates), grapes, figs, basil, eucalyptus, ginger, Acacia tortilis, Buxus dioica, Salvadora persica and Lawsonia inermis."<sup>3</sup>

God depended on figs and olives in the Heavenly Qur'an, and this means that the ideals of the two trees, has been referenced in the books of plant treatment, Numerous advantages of figs and olives. Olives have been referenced on various occasions in the Qur'an.

In surah Al-Ana am Allah says

﴿وَهُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ فَأَخْرَجْنَا مِنْهُ خَضِرًا نُخْرِجُ مِنْهُ حَبًّا مُتَرَاكِبًا وَمِمَّنَ النَّخْلِ مِنْ طَلْعِهَا فَنَوَآنُ دَانِيَةً وَجَنَاتٍ مِنْ أَعْنَابٍ وَالزَّيْتُونَ وَالرُّمَّانَ مُشْتَبِهًا وَغَيْرَ مُتَشَابِهٍ انظُرُوا إِلَى ثَمَرِهِ إِذَا أَثْمَرَ وَيَنْعِهِ إِنَّ فِي ذَلِكُمْ لَآيَاتٍ لِقَوْمٍ يُؤْمِنُونَ﴾<sup>4</sup>

*"And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied."*

And again, explained in same surah

﴿وَالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا أَكُلُهُمُ وَالزَّيْتُونَ وَالرُّمَّانَ مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ﴾<sup>5</sup>

*"And palm trees and crops of different [kinds of] food and olives and pomegranates."*

Allah (S.W) says in surah Abasaa;

﴿وَزَيْتُونًا وَنَخْلًا﴾<sup>6</sup>

*"And olive and palm trees."*

Allah (S.W) says in surah At-tin

﴿التِّينِ وَالزَّيْتُونِ﴾<sup>7</sup>

*"By the fig and the olive."*

In *Tafsir Ibn Kathir* it is exegeted as; "Al-Awfi revealed from Ibn 'Abbas that what is implied by At-Tin is the Mosque of Nuh that was based upon Mount Al-Judi. Mujahid stated, "It is this fig that you have." (By Az-Zaytun.) Ka'b Al-Ahbar, Qatadah, Ibn Zayd and others have stated, "It is the Mosque of Jerusalem (Bayt Al-Maqdis)." Mujahid and 'Ikrimah stated, "It is this olive which you press (to remove the oil)."<sup>8</sup>

Allah (S.W) says in surah Al-Nur olive is a blessed tree.

﴿اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ مِثْلُ نُورِهِ كَمِشْكَاةٍ فِيهَا مِصْبَاحٌ الْمِصْبَاحُ فِي زُجَاجَةٍ الزُّجَاجَةُ كَأَنَّهَا كَوْكَبٌ دُرِّيٌّ يُوقَدُ مِنْ شَجَرَةٍ مُبَارَكَةٍ زَيْتُونَةٍ لَا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ تَمْسَسْهُ نَارٌ نُورٌ عَلَى نُورٍ يَهْدِي اللَّهُ لِنُورِهِ مَنْ يَشَاءُ وَيَضْرِبُ اللَّهُ الْأَمْثَالَ لِلنَّاسِ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ﴾<sup>9</sup>

*"Allah is the Light of the heavens and the earth. The example of His light is like a niche within which is a lamp, the lamp is within glass, the glass as if it were a pearly [white] star lit from [the oil of] a blessed olive tree, neither of the east nor of the west, whose oil would almost glow even if untouched by fire. Light upon light. Allah guides*

to His light whom He wills. And Allah presents examples for the people, and Allah knows of all things”

Sayed Qutab says; "The light of olive oil was the most perfect light known to the individuals who tended to it, however this was by all account not the only decision of this model, yet in addition the sacred shadows given by the favored tree, the shadow of the Heavenly Valley in the Tur, the soonest olive woods of the Middle Eastern Landmass Around."<sup>10</sup>

The olive tree, one of the endowments of the plant realm, not simply has supporting, restorative and remedial worth; it in like manner fulfills a strict limit as a sign.

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

﴿وَشَجَرَةً تَخْرُجُ مِنْ طُورِ سَيْنَاءَ تَنْبُتُ بِالذَّهْنِ وَصَيْغٌ لِللَّكْلِينَ﴾<sup>11</sup>

“And [We brought forth] a tree issuing from Mount Sinai which produces oil and food for those who eat.”

And in surah Al-Nahl Allah says;

﴿هُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً لَكُمْ مِنْهُ شَرَابٌ وَمِنْهُ شَجَرٌ فِيهِ تُسِيمُونَ . يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ الثَّمَرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ﴾<sup>12</sup>

“It is He who sends down rain from the sky; from it is drink and from it is foliage in which you pasture [animals]. He causes to grow for you thereby the crops, olives, palm trees, grapevines, and from all the fruits. Indeed, in that is a sign for a people who give thought?”

#### Olive in Sunnah:

Wellbeing advantages of olives have been advanced in Prophetic drug.

A hadith from Muhammad Rasool Allah (ﷺ);

عن عمر بن الخطاب رضي الله عنه قال: قال رسول الله صلى الله عليه وسلم: ﴿كلوا الزيت وادهنوا به فإنه من شجرة مباركة﴾.<sup>13</sup>

Al-Tirmidhi and Ibne Majah portrayed that 'Umar ibn al-Khattab (may Allah be satisfied with him) stated: The Delegate of Allah, s Messenger (ﷺ) stated: 'Eat the oil and rub it to him'.

The Prophet Muhammad (ﷺ) is represented to have expressed:

"Take oil of olive and back rub with it – it is a respected tree".<sup>14</sup>

There are other hadith's that have not been proven, such as the hadith.

نعم السواك الزيتون من شجرة مباركة يطيب الفم ويذهب بالحفر هو سواكي وسواك الأنبياء قبلي.<sup>15</sup>

Indeed, the siwak of the olive from the favored tree to clean mouth and go from pity my Siwak and Siwak of prophets before me. The olive, like the date, holds mind blowing motivating force in antiquated and present-day culture.

Zwingle Erla says: "It has filled in as everything from cash to drugs for a thousand years".

Olive in the custom of prophetic drug: Ibn Sunni revealed that;

عليكم بزيت الزيتون فكلوه وادهنوا به فإنه ينفع من الباسور.<sup>16</sup>

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

**Strict name:**

"Olive" gets from Latin *ōlīva*.<sup>17</sup>In Arabic and Islamic world it is known as *zaytun*.

**Botanical name:**

In world checklist of nominated plants Its botanical name given *Olea europaea*, mean "European olive".<sup>18,19</sup>

**Availability:**

It is found wide in Anatolia, Palestine, Greece, Portugal, Spain, Turkey, Italy, geographic region, Algeria, and African nation, the province of American state in America, Mexico, Republic of Peru and southern Australia.<sup>20</sup>

**Structure:**

The olive plant extends up to a couple of meters tall. Its leaves square measure great unpracticed and seriously appealing; and its regular product square measure astonishing light blue or violet in concealing. Despite the established truth that olives gobbled up directly from the plant square measure alimantal, they're not regularly eaten up gratitude to their gold style.<sup>21</sup>

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

Rapoport and Hava F says: "The olive is a medium-sized evergreen tree, which fuses a one of a course of action of morphological and developmental credits fit to the respectably dry, provincial conditions of its Mediterranean start."<sup>22</sup>

Rugini et.al writes in their article about its structure that; "It is short and squat, and every so often outperforms 8–15 m in height. The sparkling green leaves are circular, evaluating 4–10 cm long and 1–3 cm wide. The capacity compartment is customarily knotty and turned."<sup>23</sup>

**History:**

Bongi writes its sign in his book; "Evidence of early olive cultivation at around 4800 BC was found in Cyprus."<sup>24</sup>

Ivo et al. reveals to us that; "Olive trees in the woods around the Mediterranean Ocean are several years of age, with some dated to 2000 years. The olive tree on the island of Brioni, Istria in Croatia, has a radiocarbon dating time of around 1,600 years. In any case it gives natural item, which is made into olive oil."<sup>25</sup>

Olives are picked in October, and all things considered, 30 kg of olives is accumulated, of which 4.1 kg of extra virgin olive oil is made. The best blend assessment demonstrated 0.11% of non-doused unsaturated fats, however the peroxide number was 1.95.<sup>26</sup>

**Olive in ancient drug:**

The olive has been a basic bit of life in the eastern Mediterranean from the main stirrings of development. There are stone mortars and presses used for olive oil extraction that return to 5000 BC.<sup>27</sup>

The Olive Culture of the Israel:

Aspash Goor tells that; "Commending the Olive Yield, the olive tree has been a picture of desire, greatness, congruity and readiness. From book of sacred writings to display day times the overall public of the spot that is known for Israel have had an included associate with the olive tree, its normal item, and the oil isolated from it."<sup>28</sup>

Olive in law of medicine of Ibne Sina:

Aliasl et al. writes in their paper; "Ibne Sina apportioned his Standard of Medication into five books. The essential book concerns fundamental therapeutic and physiological models similarly as life frameworks, normal and general helpful frameworks. The subsequent book is on helpful substances, arranged in a steady progression all together. From group reference it is portrayed as; Oil of develop olive is respectably hot and to some degree sodden and when treated with water it gets moderate in dampness substance and dryness as it additionally becomes less hot. To put it plainly, the ready assortment of olive is hot while its oil is respectably soggy. The unripe olive is chilly, its bark and leaves are additionally cold."<sup>29</sup>

Bioactive ingredients:

Z.Maria, Tsimidou and Vassiliki.Papot summarized in their book that: "Olive is a natural source of antioxidants and other bioactive ingredients like hydroxytyrosol."<sup>30</sup>

Basic compound in olive fruit: Alagna et al. wording about this are as under; "Olive common items contain different discretionary metabolites, fundamentally phenolics, terpenes and sterols, some of which are particularly charming for their nutraceutical properties."<sup>31</sup>

Jean valnet in French language inform its basic as; The following table illustrates some of the basic structures of the olive fruit.<sup>32</sup>

*Table 1:ratio of ingredients in olive*

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

And remembers Dr. Maloine in the book Phyto therapy.<sup>33</sup>

He says "Olive leaves have medicinal and therapeutic benefits."

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

'Phosphorus, Sulfur, Potassium, Magnesium, Calcium, Chlorine, Iron, Manganese, Copper.'<sup>34</sup>

Olives ' prosperity and restorative advantages:

Olives are a rich wellspring of cell fortifications like oleuropein, Hydroxytyrosol, tyrosol, oleanolic destructive, and quercetin.<sup>35</sup>

**Olive as a therapeutic use:**

Bashar saad and Omar said writes olives therapeutic use in the book ‘Arab and Islamic herbal medicine’

Olive oil is prevention of many diseases and also an excellent diet pharmacological use in anti-inflammatory, anti-hypertensive, anti-hyper cholestolemic and anti-thrombi.<sup>36</sup>

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

Its leaves utilized in customary cures in European and Mediterranean nations, for example, Greece, Spain, Turkey and so on, it is utilized in the human eating regimen as a concentrate, a home-grown tea and powder, and conceivably bio dynamic mixes.<sup>37</sup>

The medicinal focal points of olive oil have been seen by many out of date specialists like Hippocrates, Galen, Dioscorides, and Diocles. Starting late, current masters and nutritionists have comprehended that extra virgin olive oil, particularly, contributes essential medical advantage to human prosperity.<sup>38</sup> Olive oil is used to prevent respiratory failure and stroke (cardiovascular disease), bosomal disease, malignant colorectal growth, malignant ovarian growth, rheumatoid joint pain, and migraine headaches.<sup>39</sup>

Muhammad Ali Hashmi argued that; “Ethnomedical businesses of *Olea europaea* are recorded all through the presence where it has been used to treat various ailments. Phytochemical look into had incited the unit of flavonoids, secoiridoids, iridoids, flavanones, bio phenols, triterpenes, benzoic destructive subordinates, isochromans, and various classes of assistant metabolites from *Olea Europaea*.”<sup>40</sup>

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

**Present day use and advantages of olives:**

Utilized as a balm, it fortifies the hair keeps it glimmering and envisions dandruff Utilized as a drug, it supports and soaks the skin, doing combating dry skin and progressing it. It also fights against skin break out or skin break out.

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

"Olives decreases indications of maturing, for example, wrinkles and other skin-related illnesses. Olives can be utilized as a powerful skin chemical."<sup>42</sup>

"Olea Europaea, a profitable synthetic segment of olives, additionally works as an antimicrobial and antibacterial specialist for the body."<sup>43</sup>

Bogani et al. tells about additional virgin olive oil:

"Distinctive blends in olives function as malignant growth avoidance operator blends just as quieting ones. These reduce the irritation from the body, which fuses a diminishing in torment and unsettling influence in the joints, muscles, wounds, tendons, and various points of confinement."<sup>44</sup>

"Olive is utilized for cow-like treatment of tonsils, throat, and olive leaf is a valuable treatment for gum disease and throat, and there are numerous medical advantages of fluid olive oil."<sup>45</sup>

**Conventional and residential use:**

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

○ **Preserving Fish or Meat**

"No chance to set up a luxurious marinating sauce? Spot your fish or meat in a bowl and pour on some olive oil and let sit in the cooler for two hours. This will require the meat magnificently and make cooking a snap."<sup>46</sup>

○ **Salad Dressing**

For making a plate of blended greens dressing. Do whatever it takes not to consent to anything less! Consolidating one segment vinegar or lemon juice with between 3-5 areas olive oil close by the perfect mix of flavoring herbs will give a really strong topping to any serving of blended greens or vegetable mix.<sup>47</sup>

○ **Preserving Vegetables**

On the off chance that your compartment a piece of your nursery bounty each season, olive oil is a radiant component for shielding. The Chronis family utilizes olive oil to spare, clearly, the whole, prepared olives from their farm.<sup>48</sup>

○ **Eye-cosmetics cleaner**

In shading studio site it is depicted as

To keep and go with a little measure of olive oil for evacuating waterproof mascara and other eye beauty care products.<sup>49</sup>

○ **Liver refining**

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

"prescribes that liberating the assortment of substances that plug up the body's cleansing organs making a risky space' is a wise practice for keeping up incredible prosperity."<sup>50</sup>

○ **Skincare**

In skin care it is use full for massage and face lubrication as a beauty cream and for dry skin.

Theepoch time's web site editor documented that;

The old Egyptians, Greeks, and Romans had no cleanser. They rubbed olive oil into their skin, at that point scratched it back off, alongside earth and dead skin. Olive oil can fill in as a face wash and eye cosmetics remove whenever kneaded over the face and cleaned away.<sup>51</sup>

○ **Cooking**

Marry et al. suggestion

"The Chronis family only uses olive oil for cooking."<sup>52</sup>

○ **For ease pain:**

In an Arabic web site, it is written;

Many turn to drugs and painkillers just felt bye pain, but may result in numerous health problems frequently used, so, we can replace the drugs with natural remedies and recipes, and bone pain neck pain, especially among the more scattered among many people, offer you the workings of salt with oil Olives, for bone massage and ease the pain.<sup>53</sup>

**Conclusion:** Disease and its recovering in the majority of the restorative systems are basically founded either on physical or powerful perspectives. Helpful systems in Islam, then again, depend on a blend of otherworldly, mental, and material methods. It is, in this manner, essential to examine current restorative methodologies as indicated by the Qur'an and Sunnah and their connection to other medicinal models, the same number of choices focusing on better wellbeing results are presently being utilized all through the world. This paper inspects how the rules and standards of the Qur'an and Sunnah may add to the comprehension and assessment of various helpful intercessions. An effective initiation of the Islamic restorative model and its assistance separated from the utilization of constrained remedial systems on the individual level can occur just inside a reactivation of a valid Islamic lifestyle. Olive is also beneficial for our daily life use like free of cholesterol, as a facial cleanser with some cream, day cream, olive night and eye cream, olive in shampoo and for body wash to moisture and to nourish skin. As mentioned by Islamic religious and sacred text it is from holy tree, we can say is perfectly a true verified from traditionally and therapeutically.

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<sup>2</sup> Saheeh International. "The Holy Qur'an: Arabic text with corresponding English meanings." (1997). In this paper this translation of Qur'an is selected for Qur'anic verses translations.

<sup>3</sup>"Sharjah Islamic Garden Includes Plants Mentioned in Holy Quran". 2019. Sharjah24. Accessed December 8 2019. <https://sharjah24.ae/en/health-family/environment/183269/Sharjah-Islamic-Garden-includes-plants-mentioned-in-Holy-Qur'an>.

<sup>4</sup> Al-Quran, surah Al-Ana, am 6:99

<sup>5</sup> Al-Qur'an, surah Al-Ana 'am 6:141

<sup>6</sup> Al-Qur'an, surah Abas'a80:29

<sup>7</sup> Al-Qur'an, surah At-tin95:1

<sup>8</sup> Kathir, Ibn. "Isma 'il ibn 'Umar." Tafsir Al-Qur'an Al-'Adhim ,Beirut :1 (1990).vol.24,p.501

<sup>9</sup>Al-Qur'an, surah Al-Noor24:35

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<sup>11</sup> Al-Qur'an, AL-Muiminun 23:20

<sup>12</sup> Al-Qur'an, An-Nahal16:10-11

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<sup>15</sup> Narrated by al-Tabarani in the middle and Abu Naim in the Book of Sawak him. Al-Albani said: (Subject) mozu.

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