



The Holy Quran Says “Significance of Fig”

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Title Reference

By the fig and the olive! Sura 95 (Sura At-Tin (The Fig) , Verse 1)

Description

Hazrat Abu Darda (Radi allahu Anhu) narrates that Rasullullah (Sallallhu Alayhi Wasallam) said, “Eat fig, for it cures the piles and is useful for rheumatism” (Farooqi, 1998). Hazrat Abu Darda (RadiallahoAnho) narrates that someone presented the Prophet a plate of figs and he said, “Eat figs! If I would say a certain type of fruit was sent down to us from the heavens I would say it’s a fig because it has no seeds. It ends (cures) the piles and is useful for rheumatism”.

This is used in different disorders such as gastrointestinal (colic, indigestion, loss of appetite and diarrhea), respiratory (sore throats, coughs and bronchial problems), inflammatory and cardiovascular disorders. Fig has been traditionally used for its medicinal benefits as metabolic, cardiovascular, respiratory, antispasmodic and anti-inflammatory remedy. The root is tonic, useful in leucoderma and ringworm. The fruit is sweet, antipyretic, tonic, purgative useful in inflammation, weakness, paralysis, thirst “Vatta diseases” of head, diseases of liver and spleen, pain in chest, cures piles, stimulate growth of hair. The milky juice is expectorant, diuretic, and dangerous for eye. Fig latex is used as an anthelmintic. The Ficus carica leaf has been reported hypoglycemic, hepatoprotective and latex reported the anthelmintic activity (Patil, Bhangale, & Patil, 2010).

Today Research

Transcriptomic Analysis of Ficus carica Peels with a Focus on the Key Genes for Anthocyanin Biosynthesis (Li, An, & Wang, 2020).

Entomopathogenic effect of Trichothecium roseum (Pers.) Link (Hypocreales: Ascomycota) against Pauropsylla buxtoni (Psylloidea: Hemiptera) infesting Ficus carica leaves and its potential use as biocontrol agent of the insect (Batta, 2020).

Characterization of proteases activities in *Ficus carica* cultivars (Nishimura, Higashiya, Ueshima, Abe, & Yasukawa, 2020).

Conclusions

Fig is the plant which is discussed by God in his holy book. Previous research showed its significance. We can develop a research on its compounds by using in-silico studies and can find the synergism of compounds for multiple diseases.

References

- Batta, Y. (2020). Entomopathogenic effect of *Trichothecium roseum* (Pers.) Link (Hypocreales: Ascomycota) against *Pauropsylla buxtoni* (Psylloidea: Hemiptera) infesting *Ficus carica* leaves and its potential use as biocontrol agent of the insect. *Journal of Applied Microbiology*.
- Farooqi, I. (1998). Ahadith Mein Mazkooor Nabatat, Adwiya Aur Ghizain. *Ilm-o-Irfan Publishers*, 38.
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