



# The Holy Quran narrates about Olea Europeae

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## Title Reference

And it is He who sends down rain from the sky, and we produce thereby the growth of all things. We produce from it greenery from which we produce grains arranged in layers. And from the palm trees of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe. (Sura Al-An am (The Cattle) verse 99) And he it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and pomegranates, similar and dissimilar. Eat of [each of] its fruit when it yields and give its due [zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess. (Sura Al-An am (The Cattle), verse 141). 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? (Sura An-Nahl (The Bee), verse 11). And [We brought forth] a tree issuing from Mount Sinai which produces oil and food for those who eat. (Sura Al-Muminun (The Believers), verse 20). 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 is knowing of all things. (Sura An-Nur (The Light), verse 35). And olive and palm trees. (Sura Abasa (He Frowned), verse 29). By the fig and the olive. (Sura At-Tin (The Fig), verse 1) and [by] Mount Sinai (Sura At-Tin (The Fig), verse 2).

Hazrat Abu huraira (R.A.) narrated that Rasullullah (SallallahuAlayhiWasallam) said “Eat the olive oil and massage it over your bodies since it is a holy (mubarak) tree” (Farooqi, 1998).

Hazrat Alqama Bin Amir (R.A) narrates that Prophet (SallallahuAlayhiWasallam) said, “There is olive oil for you, eat it, massage over your body, since it is effective in Hemorrhoids (Piles)” (Farooqi, 1998).

Hazrat Aqba Bin Amir (R.A) narrates that the Prophet (SallallahuAlayhiWasallam) stated, “You have the olive oil from this Holy (Mubarak) tree, treat yourself with this, since it cures the Anal Hazrath Abu Hurairah (R.A) narrates that the Prophet (SallallahuAlayhiWasallam) stated, “Eat the

olive oil and apply it (locally), since there is cure for seventy diseases in it, one of them is Leprosy". Khalid Bin Saad (R.A.) narrates, "I came to Madinah with Ghalib Bin Al Jabr. Ghalib became ill during the journey. Ibn Abi Ateeq came to see him and told a narration from Hazrat Aisha (R.A.) that the Prophet (Sallallahu Alayhi Wasallam) told about the cure in Kalonji. We crushed a few seeds of Kalonji and mixed it with olive oil and dropped in both nostrils, after which Ghalib became healthy" (Marwat et al., 2009). Hazrat Zaid Bin Arqam (R. A) narrates, " We have been directed by the Prophet (Sallallahu Alayhi Wasallam) that we should treat the Pleurisy with Qust-e-Behri (Qust Sheerin) and olive oil".

### Description

The medicinal uses of different parts of *Olea europaea*. Olive oil was recognized as an important component of a healthy diet. Several epidemiological studies have shown that the incidence of coronary heart disease and certain cancers is low in the Mediterranean basin where the diet is rich in olive products. Historically, olive leaves have been used as a folk remedy for combating fevers and other diseases such as malaria. Previous studies showed that some extracts of this product decreased blood pressure in animals and increased blood flow in coronary arteries, relieved arrhythmia, and prevented intestinal muscle spasms. A phytochemical investigation reported that oleuropein was isolated from the leaves of *Olea europaea*. This compound is known for possessing a wide range of pharmacologic and health promoting properties including anti-arrhythmic, spasmolytic, immune stimulant, cardio protective, hypotensive, anti-hyperglycemic, antimicrobial, and anti-inflammatory effects (Chebbi Mahjoub et al., 2011).

### Today Research

- Humoral and skin mucosal immune parameters, intestinal immune related genes expression and antioxidant defense in rainbow trout (*Oncorhynchus mykiss*) fed olive (*Olea europea* L.) waste (Hoseinifar et al., 2020).
- Influence of auto-exhaust pollution on trichome micromorphology of *Olea europea* L. leaves (Öztürk & Karavin, 2020).
- Management of Plant Physiology with Beneficial Bacteria to Improve Leaf Bioactive Profiles and Plant Adaptation under Saline Stress in *Olea europea* L (Galicia-Campos, Ramos-Solano, Montero-Palmero, Gutierrez-Mañero, & García-Villaraco, 2020).
- Effectiveness of dairy treated wastewater and different irrigation systems on the growth, biomass and fruiting of a Tunisian olive orchard (*Olea europaea* L., cv Chemlali) (Sdiri, Mansour, Albergamo, & Di Bella, 2020).
- Hypocholesterolaemic and antioxidant properties of *Olea europaea* L. leaves from Chlef province, Algeria using in vitro, in vivo and in silico approaches (Cheurfa et al., 2019).

### Conclusions

Today 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 for new drug combinations. For nutraceutical it has a good combinations of compounds so, we easily make a best nutraceutical.

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