



The Holy Quran narrates about Phoenix Dactylifera

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Title Reference

Would one of you like to have a garden of palm trees and grapevines underneath which rivers flow in which he has from every fruit? But he is afflicted with old age and has weak offspring, and it is hit by a whirlwind containing fire and is burned. Thus does Allah make clear to you [His] verses that you might give thought. (Sura Al-Baqarah (The Cow), verse 266) 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) And within the land are neighboring plots and gardens of grapevines and crops and palm trees, [growing] several from a root or otherwise, watered with one water; but we make some of them exceed others in [quality of] fruit. Indeed in that are signs for a people who reason. (Sura Ar-Rad (The Thunder), verse 4) 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 from the fruits of the palm trees and grapevines you take intoxicant and good provision. Indeed in that is a sign for a people who reason. (Sura An-Nahl (The Bee), verse 67) Or [until] you have a garden of palm trees and grapes and make rivers gush forth within them in force [and abundance]. (Sura Al-isra (The Night Journey), verse 91) And present to them an example of two men: We granted to one of them two gardens of grapevines, and we bordered them with palm trees and placed between them [fields of] crops. (SuraAl-Kahf (The Cave), verse 32) And the pains of childbirth drove her to the trunk of a palm tree. She said, "Oh, I wish I had died before this and was in oblivion, forgotten." (Sura Maryam (The Mary), verse 23) And shake toward you the trunk of the palm tree; it will drop upon you ripe, fresh dates. (Sura Maryam (The Mary), verse 25) [Pharaoh] said, "You believed him before I gave you permission. Indeed, he is your leader who has taught you magic. So I will surely cut off your hands and your feet on opposite sides, and I

will crucify you on the trunks of palm trees, and you will surely know which of us is more severe in [giving] punishment and more enduring." (Sura Taha, verse 71) And we brought forth for you thereby gardens of palm trees and grapevines in which for you are abundant fruits and from which you eat. (Sura Al-Muminun (The Believers), verse 19) And fields of crops and palm trees with softened fruit? (Sura Ash-shuara (The Poets), verse 148) And We placed therein gardens of palm trees and grapevines and caused to burst forth some springs. (Sura Yasin, verse 34) And lofty palm trees having fruit arranged in layers. (Sura Qaf (The Letter "Qaf), verse 10) Extracting the people as if they were trunks of palm trees uprooted. (Sura Al-Qamar (The Moon), verse 20) Therein is fruit and palm trees having sheaths [of dates]. (Sura Ar-Rahman (The Beneficent), verse 11) In both of them are fruit and palm trees and pomegranates. (Sura Ar-Rahman (The Beneficent), verse 68) He unleashed it upon them for seven nights and eight days, violently. You could see the Which Allah imposed upon them for seven nights and eight days in succession, so you would see the people therein fallen as if they were hollow trunks of palm trees. (Sura Al-Haqqah (The Reality), verse 7) And olive and palm trees. (Sura Abasa (He Frowned), verse 29) Hazrat Abdullah bin Umar (RadiyallahuAnhuma) narrated that The Rasulallah (SallallahuAlayhiWasallam) said, "There is a tree among the trees which is similar to a Muslim (in goodness). Its leaves do not fall. What is that tree? The Prophet (SallallahuAlayhiWasallam) himself said, "that is the date palm tree". Hazrat S'ad bin Abi Waqas (R.A) narrated that Rasulallah (SallallahuAlayhiWasallam) said, "He who eats seven dates of Madina (Ajwa dates) every morning, will not be affected by poison and magic on the day he eats them". Hazrat Abdullah bin Abbass (RadiyallahuAnhuma) narrated that the Prophet (SallallahuAlayhiWasallam) said, "The 'Ajwah is from Paradise and it is an antidote against poison. The Kamah (truffles) is a type of Manna and its water (extract) cures the eye. Abdullah ibn Jaafar (Radiyallahuanhu) says, "I saw Rasulallah (SallallahuAlayhiWasallam) eating *Qith'a (cucumbers or snake cucumber) with fresh dates". Hazrat Aisha (RadiyallahAnha) reports that, "Rasulallah (SallallahuAlayhiWasallam) ate watermelon with fresh dates" (Farooqi, 1998).

Description

Date palm (*Phoenix dactylifera* L.) is one of the earliest cultivated tree crop. Pleasant flavor, odor and their biting texture in addition to their use for flavoring foods, beverages and medication. Minerals are critical for enzyme activation, gene expression, bone formation, hemoglobin composition and amino acid, lipid along with carbohydrate metabolism. Minerals are also required for normal cellular functions. Certain inorganic mineral elements (K, Zn, Ca and traces of Cr etc.) play an important role in the maintenance of normal glucose tolerance and in the release of insulin from beta islets of Langerhans (Jamil, Nadeem, Hanif, Ali, & Akhtar, 2010). Aphrodisiac, expectorant, febrifuge, purgative, aphrodisiac, cooling, diuretic, appetizing, digestive, intoxicating.

Today Research

- Ajwa date fruit (*Phoenix dactylifera* L.) in increasing hemoglobin (Hb) level to teenage girl (Ali & Alam, 2020).
- Phytotherapeutic potential and pharmaceutical impact of *Phoenix dactylifera* (date palm): current research and future prospects (Qadir, Shakeel, Ali, & Faiyazuddin, 2019).
- Morphine and *Phoenix dactylifera* (dates) effects on the histological features of male rat reproductive organs (Baharin, Hashim, Sonsudin, & Hashim, 2020).
- Phenolic profile and anti-inflammatory activity of four Moroccan date (*Phoenix dactylifera* L.) seed varieties (Hmidani et al., 2020).

- Effect of Date (*Phoenix dactylifera* L.) Pits on the Shelf Life of Beef Burgers (Sayas-Barberá, Martín-Sánchez, Cherif, Ben-Abda, & Pérez-Álvarez, 2020).

Conclusions

Dates has frequently discussed in Holy Quran and Prophet (PBUH) too. And today research showed its significance by putting latest work on different aspects. Therefore, no doubt dates has a bulk of benefits for health due to the presence of a number of bioactive compounds. 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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