

# DATE PALM (*PHOENIX DACTYLIFERA* L.): A FRUIT SPECIE, ITS NUTRITIONAL VALUE AND PHARMACOLOGICAL IMPORTANCE (IN PERSPECTIVES OF THE QURAN, HADITH)

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**Abstract**-Islam is regarded as a complete religion that provides education for every aspect of life. The teachings of the Prophet Muhammad (PBUH) and the Holy Qur'an are applicable in a variety of fields, including biomedical ethics. A number of plants, notably the date palm (*Phoenix dactylifera* L.), a significant fruit crop in the Middle East, North Africa, and Arabian Peninsula, are mentioned in the Holy Qur'an as having medicinal characteristics. The Holy Qur'an mentions the date palm more than 20 times, and the Prophet Muhammad (PBUH) urged Muslims to eat dates as part of a balanced diet. The date fruit has been shown to be useful in treating gastrointestinal disorders, sexual weakness, anemia, toothaches, and many cancers in addition to its traditional usage as a laxative. The leaves of the date palm can be used to manufacture bags, baskets, mats, paper and other things, while the trunk and wood can be utilized as lumber, fuel and other commodities. This study collected data on the date palm's ethno medical significance from the Holy Qur'an, Hadiths, and academic literature. According to the research, the date palm is a useful plant with a variety of practical and medical benefits. In conclusion, the Holy Qur'an recognizes the value of medicinal herbs, which have been utilized for healing since ancient times. In Pakistan, there is a wide variety of medicinal plants, and Allah SWT has produced many natural resources that are good for people.

**Key words:** Ethno-medicine, Date palm Production, Holy Qur'an Hadith, Medicinal Plant

## 1. INTRODUCTION

Plants have constantly played a significant role in human existence and have been utilized for therapeutic purposes for thousands of years. Human beings have discovered that medicinal plants are a valuable source of medicine through observation and experimentation. Fresh plants and herbs are used to make homoeopathic medications and tibia remedies, respectively. The abundance and variety of medicinal plants in Pakistan are well-known. The Holy Qur'an gives detailed descriptions of the numerous natural resources that Allah SWT provided for humans, including land, water, air, plants, fruits, and animals. As-Shuara, Luqman, Saba, Ya Seen, An-Najm, Al-Qamar, Al-Rahman, Al-Waqia, Al-Insan, An-Naba, Abasa, and At-tin are just a few of the Surahs of the Qur'an that mention the value of therapeutic plants. In conclusion, the Holy Qur'an recognizes the value of medicinal herbs, which have been utilized for healing since ancient times. In Pakistan, there is a wide variety of medicinal plants, and Allah SWT has produced many natural resources that are good for people (Urbi et al., 2014).



### Allah SWT says

*“ And in the earth are neighboring tracts and gardens of vines and green crops (fields) and date-palm growing into two or three from a single stem root, or otherwise (one stem root for every palm), watered with the same water; yet some of them We make more excellent than others to eat. Verily, in these things there are Ayat (proofs, evidences, lessons, signs) for the people who understand” (Holy Qur’an, 13:4) (Urbi et al., 2014).*

In Islam, there are two ways to treat illnesses: the first is spiritual healing through prayer, and the second is medical healing for physical afflictions. In numerous Surah’s, the Holy Quran serves as a reference book and discusses the significance of plants that are used to treat various illnesses.

According to the Holy Quran, Allah created the land for all living things and it is filled with numerous bounties, such as fruits, date palms that produce fruit stalks that are sheathed and contain dates, maize that has leaves and stalks that can be used as fodder, and plants with sweet-smelling flowers. Several Surahs, including those by Al-Hilali (1985) and Marwat et al. (2009), make reference to this. It emphasizes the value of plants and their function in the provision of organic treatments for various ailments.

The *Phoenix dactylifera* L., is a sub-tropical tree of the Arecaceae family (Alyahya et al., 2022). Dates have been taken as part of the human diet for ages, notably in biblical traditions, and have been known to have both preventive and therapeutic effects throughout human history and throughout many civilizations. Dates are renowned for their toughness and durability, which enable them to survive under challenging conditions. Al-nakhl, the Arabic word for the date palm, has etymological connections to the ideas of sustenance, goodness, and pleasant perfume (Nazri et al., 2016).

Dates are thought to be a plentiful cause of organic compounds and bioactive substances, many of which have been discovered to have medical benefits. They are rich in vitamins, minerals including potassium, magnesium, and calcium, as well as carbs, fiber, and other vitamins. Dates also include alkaloids, carotenes, steroids and anthocyanin which have been demonstrated to have antiseptic activities. These compounds are in addition to the nutrients listed above. Dates have been recycled to treatment a variety of conditions including bleeding, dyspnea, coughing, burning, syncope, trauma, and tuberculosis because of their qualities. In Arab regions, dates are a staple food and are commonly used as a natural cure for a variety of health issues (Alyahya et al.2022). *Phoenix dactylifera*, often known as the date palm, has long been revered by humans and is frequently mentioned in sacred books like the Holy Quran and the Ahadith of the Holy Prophet Muhammad (Sallallahu Alayhi Wasallam) as a source of sustenance and healing (Al-Jabri, 2014). For instance, the Quran teaches how to harvest fresh, ripe dates by shaking the trunk of the date palm in Sura Maryam verse number 25 (Al-Hilali and Khan, 1985).

Muslims are recommended to eat dates because, in the words of our Holy Prophet Muhammad (Sallallahu Alayhi Wasallam), they are only food in the world that is entirely complete and nutritionally balanced. People of all ages can regain lost energies by using dates as their main source of energy. The nutritional significance of dates and their capacity to supply the body with the energy it requires are highlighted in the research that backs up this advice (Marwat et al., 2012; Marwat et al., 2016).

Additionally, because dates are a special natural product abundant in carotenes carbohydrates, proteins, vitamins, alkaloids, flavonoids, minerals, steroids, anthocyanin tannins and niacin, our Holy Prophet Muhammad (Sallallahu Alayhi Wasallam) advised consuming them as part of a healthy diet (Marwat et al., 2012; Alyahya et al., 2022). They are regarded as the only balanced and 100% complete diet in the world, and people of all ages can use them as their main source of energy to replenish lost energy. Dates have long been an essential component of the diet of those who reside in Arab countries. They are renowned for their durability, adaptability, and strength, which allow them to endure under adverse conditions (Nazri et al., 2016; Alyahya et al., 2022).

Dates are valued for their nutritional value, health advantages, and significance in the Muslim religion. The date fruit are mentioned in 20 verses throughout 17 Surahs (Chapters) of the Holy Qur’an. Dates are revered by the Qur’an as one of paradise’s blessings (Qur’an, 55:68). Furthermore,

Maryam, the mother of the Prophet Jesus, was advised to eat dates by Allah (SWT) in the Qur'an. Additionally, the Prophet Muhammad (peace be upon him) promoted date consumption among Muslims, advocated the upkeep of date orchards, and held the view that dates can be used to treat a variety of illnesses and problems. A "Hadith," or saying attributed to Prophet Muhammad (peace be upon him), states that "he who eats seven Ajwa dates every morning will not be affected by poison or magic on the day he eats them" (Al-Bukhari, 2008; Uddin, 2021). A focus on plant species described in the Holy Quran and Ahadith has led to research on Islam's rich medical culture and diversified medicinal flora. For the benefit of human communities everywhere, the goal of this research is to raise awareness of the ethnobotanical benefits of these plants. The study focuses on the nutritional value and health-improving properties of dates and their seeds, which can be employed as functional food ingredients. This in-depth information will improve our understanding of the advantages of using dates and their seeds in our regular meals.

## 2. MORPHOLOGY

The perennial date is grown extensively for its deliciously sugary fruit. Dates crop growing is thought out to have been practiced for many years, probably even before the birth of Christ. The plant has 155 leaflets that are each 31 cm long and 2 cm wide, as well as perennial leaves wide with spines on the petiole. (Alyahya et al., 2022) The monocot fruit, terete berry with carpels, pith, and an apical stigma. Geographical and climatic factors can greatly affect its properties. The characteristics of seeds can differ from type to type, habitat to habitat, and growth conditions to growth conditions, just as those of the fruit. (Idowu et al., 2020). The weight, length, and breadth of seeds can range from 0.6 to 5 g, 11 to 33 mm, and 6 to 13 mm, respectively. The oblong seed has a thin embryo and a strong endosperm formed of cellulose deposits on the interiors of the cell walls. After being planted, date palms normally take 5 to 8 years to begin bearing fruit, and another 7 to 10 years to produce yields that are profitable for commerce. Date palm clusters should be cut and bagged before they reach maturity in order to ensure the remaining fruits continue to cultivate and are safeguarded from the elements and animals that eat them (Ahmad et al., 2013; Alyahya et al., 2022).



## 3 NUTRIENTS IN DATE FRUIT:

When mature, date fruits have 72% to 88% sugar content, making them a high-energy food source. 80% to 85% of the sugar at the Khalal stage is sucrose. They are an excellent supply of potassium and iron, a reasonable supplier of chlorine, calcium, potassium, copper, phosphorus and magnesium. They also include 16 amino acids and vitamins A, B, and B (Ali, 2021; El-Hadramy and Al-Khayri 2012; Ali, 2021). Additionally, dates contain a high amount of nutritive fiber (6.4%-11.5%), which raises their nutritional worth and medicinal potential. Different sites' development conditions cause the dates to undergo a number of internal and exterior changes. On the basis of documented variations in the color and chemical makeup of palms such modifications are frequently categorized. For instance, dates grown in Algeria, Egypt, Oman, and Bahrain have different nutritional qualities than dates grown elsewhere (Maqsood et al., 2020).

#### 4 ANTIOXIDANT ACTIVITY

Date fruit extracts have excellent antioxidant activities, according to in vitro investigations, and have been proven to be efficient scavengers of different free radicals and protein oxidation in rat tissue homogenates (Koser et al., 2022). Similar findings have been supported by subsequent studies using a variety of dates (Mrabet et al., 2015). The antioxidant activity of Tunisian date types was also examined, and it was discovered that the Rotbi variety was efficient at scavenging hydroxyl radicals while the Korkobbi type had the best lipoperoxyl radical scavenging ability (Maqsood et al., 2020). Date fruits contain phenolic chemicals, which have been linked to antioxidant activity, according to research. However, it has been discovered that dates' antioxidant activity can be decreased by sun drying and ripening (Yeh et al., 2008). Selenium, which has potent antioxidant capabilities, is also present in significant amounts in dates. Studies have shown that selenium's antioxidant action is caused by selenocysteine residues in seleno-enzymes like glutathione peroxidase, thioredoxin reductases, and selenoprotein P (Ferguson et al., 2004). Dates' claimed antioxidant and free radical scavenging action is most likely primarily attributable to the combination of phenolic chemicals and selenium in dates (Alyahya et al., 2022).

#### 5 MEDICINAL USES:

Traditional medicine frequently employs the various components of the date fruit tree to treat a variety of conditions, including memory issues, fever, inflammation, and paralysis, unconsciousness, and nerve diseases Al-daiha and Bhat (2012) describe a paste made from the tree's seeds that is beneficial in treating ague, a form of fever with chills. While the gum collected from the stem is well recognized to be a good treatment for diarrhea and urinary symptoms, the roots are used to ease toothaches. Dates are a good source of carbohydrate, vitamin C and a variety of minerals and amino acids. They also include vitamins A and B. Dates include antioxidants that may maintain a healthy immune system and lower the threat of heart attack disease and cancer (Al-daiha and Bhat, 2012).

#### 6 RELIGIOUS IMPORTANCE OF THE DATE PALM:

The date palm (Nakhl), which has been farmed for roughly 5000-6000 years, is one of the earliest known fruit-bearing plants (Sulieman et al., 2012). It is mentioned in the holy writings of the three major faiths and was highly respected in many ancient cultures, including the Sumerians, Assyrians, Babylonians, and Egyptians. The date palm is mentioned about 23 times in Quran, the sacred text of Muslims, and nearly 300 times in the Ahadith of the Holy Prophet Muhammad (Al-Jabri et al., 2014). Only in Saudi Arabia, notably in Al-Madinah Al-Munawara, is the date variety known as Ajwa grown. It has substantial medicinal potential. The health advantage of Ajwa dates has been standard in hadith as Saud (R.A) reported that I heard Allah's Apostle saying If somebody takes seven Ajwa dates in the morning, neither magic nor poison will hurt him that day (Rahmani et al., 2014).

#### 7 REFERENCES FROM HOLY QURAN

In the Holy Book of Quran, the date palm significance is stated as:

أَيُّدُ أَخَذَكُمْ أَنْ تَكُونَ لَهُ جَنَّةٌ مِّنْ نَّجِيلٍ وَأَعْنَابٍ

“Would any of you wish to have a garden with date-palms and grape”

Surah Al-Bakara, Verse 266 (Marwat et al., 2009).

And on the other place the Quran states that the date-palm and graps are fruits and they are used for obtaining the sugar and for other wholesome foods. So, due to this the date-palm is very important good food and diet of human beings.

”وَمِنْ ثَمَرَاتِ النَّجِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا ۚ

“And from the fruits of date-palms and grapes, you drive strong drink and goodly provision” (Surah-An-Nahl, Verse 67)

”أَوْ تَكُونَ لَكَ جَنَّةٌ مِّن تَّحِيلٍ وَعِنَبٌ فَتُفَجِّرَ الْآبَاءَ جَلَّهَا تَفَجِيرًا

“Or you have a garden of date-palms and grapes and cause rivers to gush forth in their midst abundantly.” (Surah Israa, Verse 91)

In surah Maryam, the importance of Date-palm is described as

”وَهَزَيَّ إِلَيْكَ الْجَنَّةَ تَمَرًا وَمِنْ ثَمَرِهَا تُشْقِطُ الرُّطَبَ دَنَدَنًا

( ٢٥ : مريم )

“And shake the trunk of the date-palm towards you; it will let fall fresh ripe-dates upon you.” (Surah Maryam, Verse 25) .

”وَجَعَلْنَا فِيهَا جَنَّاتٍ مِّن تَّحِيلٍ وَأَعْنَبٌ وَفَجَّرْنَا فِيهَا مِنَ الْعُيُونِ

(Surah Yaseen Ayat 34 (36:34)

“And we have made therein gardens of date-palms and grapes and We have caused springs of water to gush forth therein” (Surah Yaseen. Verse: 34)

On the other place, the Quran states that the Land is made for creatures and produced on it fruits and date-palms

”فِيهَا فَاكِهَةٌ وَالنَّخْلُ ذَاتُ الْأَكْمَامِ

(Surah Ar-Rahmân, Verse 11)

“Therein fruits, date-palms producing sheathed fruit-stalks” (enclosing dates).

## 8 REFERENCES FROM AHDITH

“Abdullah bin Umar *radi Allahu `anhu* (may Allah be pleased with him) reported that Allah’s Messenger ﷺ (peace be upon him) said, “There is a tree amongst trees, the leaves of which do not wither and that is like a Muslim; tell me what that (tree) can be?” The people began to think of the trees of the forest. Abdullah said, “I thought it could be the date palm tree, but I feel hesitant (to say it).” They (the companions) then asked, “Allah’s Messenger, (kindly) tell us which it can be?” Thereupon he ﷺ replied, “It is the date palm tree.” Abdullah made a mention of that to his father, Umar ibn Al Khattab (ra), whereupon he said to Abdullah: “Had you said that it meant the date palm tree, this statement of yours (would have been dearer to me) than such and such things.” Hadith no.133 (Bukhari and Muslim)

Hazrat S’ad bin AbiWaqas (R.A) narrated that Rasulullah (Sallallahu Alayhi Wasallam) 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.” (Al-Qadr, 2007) .

Hazrat Abdullah bin Abbass (Radiyallahu Anhum) narrated that the Prophet (Sallallahu Alayhi Wasallam) 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 (Ghaznavi, 1991).

Abdullah ibn Jaafar radiyallahu anhu says, “I saw Rasulullah (Sallallahu Alayhi Wasallam) eating \*Qith’a (cucumbers or snake cucumber) with fresh dates.” (A’zami, 1985) . Hazrat Aisha (Radiyallahu Anha) reports that, “Rasulullah (Sallallahu Alayhi Wasallam) ate watermelon with fresh dates.” . (Farooqi, 1998) In Arabic the word “Qitha” is used for both ‘cucumber-khira’ and ‘snake cucumber-kakri’.

## 9 ARABIC POETRY ABOUT THE PALM-TREE

Similarly, if we observe that deeply the culture and civilization of Arabs society and found that the Arabs considered. This palm trees the most important for their lives. They used it is their poetry also as symbolism for the part of their Arabic language and literature.

If palm trees are mentioned, the Arabs and the life of the desert come to mind, for the palm tree has a special place in the life of the Arabs. And due to the Arabs are people of eloquence and eloquence, they love poetry and are good at its arts, and given the common history between material and a source of creativity for Arabs poets.

And just as the Arab sang in his camel and in his desert sang with his date palms and palm trees, he sang with pollen (which is the first of the dates), then he sang it while it was khalal (which is what is greener than the dates), then he tied it in secret, then dates, then dates.





And one of the most beautiful poetic verses said in our modern era is what Shawqi, the prince of poets said; that the palm tree can be said as “king of Riyadh” prince of fields, bride of Bachelors, food for the poor. Observe the Arabic verses of Amir Shawqi

أهذا	هو	النخل	ملك	الرياض
أمير	الحقول	عروس	العزب	
طعام	الفقير	و	حلوى	الغني
و	زاد	المسافر	و	المغترب
فيا	نخلة	الرمل	لم	تبخلي
و	لا	قصرت	نخلات	التر
			ب	

Is this the palm tree, the king of Riyadh?  
 Prince of the fields, bride of bachelors  
 Food for the poor and candy for the rich  
 And the traveler and the expatriate increased  
 Via palm tree did not stingy  
 And the palm trees did not shorten the soil


The palm tree is a symbol of altruism, giving and continuity. It represents the giving of one generation to another. It is the spirit, promise and giving (Shawqi et al., 1926).

## 10 CONCLUSION:

In summary, Islam is the perfect and complete code of life. In the Holy Qur'an, Allah SWT described everything, negligible. In this study, up-to-date knowledge of date palm has been compiled from Holy Qur'an, Hadith, Islamic books and scientific knowledge. It is one of the fruit species cited in the Holy Quran and its bioactive have numerous pharmaceutical activities as well as antioxidative, anti-inflammatory and antimicrobial activities, as well as in vitro activity against some cancer cell lines and heap to protective and cardio protective effects. It seems that date palm seed extract and its active components such as pro anthocyanidins are potent antioxidants. For the proven pharmacological activity, some in vitro and in vivo studies already have directed and they reported positive results. Hence, systematic studies are required to concentrations of bioactive in vitro and then apply those doses in vivo and even in clinical trial to variety of diseases. Several in vivo studies clearly demonstrate that bioactive are pharmacologically safe and can be used for the prevention and therapy of various disorders of human. The consumption of date palm and juice is likely to have positive effects on human health and especially in postmenopausal women. The findings knowledge may be encouraged the people to use it for various ailments and for human beings as nutrient supplements.

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