Physiological effects of olive from the view point of Holly Quran and nutrition

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Abstract:

Background and Purpose: Olive is a paradise fruit that has been focused in Holy Quran, modern medicine as well as traditional medicine. Olive is a part of health promoting Mediterranean- diet which is used as drug and food throughout the world too. This study was designed with an intention to provide complete review of fig status in religion, traditional medicine, pharmacological and medicinal compounds and activities.

Methods and Materials: Various resources and data banks such as SID, Medline, Pubmed, Science Direct, ISI and ISC were used for searching about sources and related articles. Holy Quran, Quran interpretation (tafsir), Islamic narrations and hadith and also reliable traditional medicine and medicinal plants books were discussed. Searching was performed according to key words containing Olive, nutrients, medicinal plants and Olive, Holy Quran, anticancer effect, and medicinal plant from 1994- 2016. Finally data were extracted and results were categorized.

Conclusion: According to the results, Holy Quran as well as Islamic narrations recommended olive usage and this is an ancient medicinal plant. Different nutrients especially phenolic compound like hydroxytyrosol and tyrosol in olive make it a protective and preventive agent against oxidative stress. Positive medical results of olive on cancer cell lines and animal models prove its effective role in the treatment of diseases such as cancer.

Results: Olive compound having antioxidant activities may lead to treat many diseases including cancers, gastrointestinal, cardiovascular and nervous diseases. The present study presents documents that confirming olive benefits in Islam religion as well as traditional medicine.

Keywords: Olive, Quran, Traditional medicine, Treatment, Cancer.

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