



## Cardiovascular affects of olive, a Quranic fruit: a systematic review

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### Abstract:

**Background and Purpose:** Today, much attention has been considered in the prevention of cardiovascular diseases. In some parts of the world the rates of cardiovascular disease is low due to a Mediterranean diet containing olive oil. This systematic review studies the verses and traditions to express opinions on olive and comparison it with the findings of modern medicine.

**Methods and Materials:** This is a library research of studies from data collected in the Qur'an, traditions, and related articles on the Internet, limited to English and Persian, and without time limitation by using the keywords :olive (in Persian), olive, heart disease , Mediterranean diet, And viewpoints of Quran and Hadith about the cardiovascular effects of olive fruit consumption.

**Results:** Systematic review demonstrated that in the Quran olive is a clear sign to scientists. Its use is recommended in the authentic traditions. Also the results showed that consumption of olive is effective in reducing mortality and incidence of cardiovascular diseases.

**Conclusion:** Olive, a clear indication of God, is effective in preventing cardiovascular diseases. Experimental Investigation of the effect of the fruit in the prevention of cardiovascular diseases is recommended.

**Keywords:** Olive, Olive oil, Quran, systematic review, prevention , cardiovascular disease

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