

## Study of Fig effect in mental- heart power in Islamic and Traditional Iranian Medicine Books

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### Abstract:

**Background and Purpose:** Figs are one of the fruits that the Qur'an has sworn and it is a badge of honor and certain superiority lies in the fruit. In this article, this article is about the medical effects of fig on brain disease and sensual and heart power changes. It is often said that the medical fig effects are like induced heating and obese and laxity and anti-inflammatory respiratory tract. But the particular effect of fig on brain and heart power is said rarely.

**Methods and Materials:** This is a review and descriptive article. At first we search about effects of fig on nerve system in Traditional Iranian Medicine references and Islamic books and credible scientific internet sites. The collected data were reviewed in detail and as a review article was written.

**Results:** Prophet MOHAMMAD said that long use of fig cause to lenity. In Traditional Iranian Medicine books fig can decrease the capacity of anger and is introduced as an increasing factor of wisdom. Fig is also helpful for epilepsy, psychosis and obsession. In the new research a diet enriched with figs in Alzheimer's disease modified oxidative stress and increased learning and their memory dramatically. Also Na K ATPase activity and AChE in the brain during treatment with figs was corrected.

**Conclusion:** Use of fig is effective on purging the soul and brain and heart power and is effective to epilepsy and psychosis and obsession. It is probable that fig is able to propitiate and create pleasure feeling in heart. It may increase brain tissue and intellectual ability.

**Keywords:** Fig, Traditional Iranian Medicine, Heart, Intellect, Brain.

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