

Medical astonishing of fig and its hidden mysteries in the holy Quran and traditional medicine

O. Amjadi, A.R. Rafiei*, M. Yousefpour

Abstract:

Background and Purpose: Fig is one of the rare plants nominated in Quran and also has a special status in traditional medicine. Fig is a part of health promoting Mediterranean- diet that is widely used as drug and food. This study was designed with an intention to provide complete review of fig status in religion, traditional medicine, pharmacological and medicinal compounds and activities.

Material and Methods: 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 Fig, Quran, nutrients, medicinal plants and Fig, Ficus carica, Holy Quran, anticancer effect, and medicinal plant from 1994- 2013. Finally data were extracted and results were categorized.

Results: In addition of Quran, Islamic narrations have been declared fig usage and this is an ancient medicinal plant. Different nutrients especially antioxidants in fig made it a protective and preventive agent against oxidative stress. Positive medical results of fig on cancer cell lines and animal model validate its effective role in the treatment of diseases such as cancer.

Conclusion: Fig has beneficial nutrients with medicinal properties. This mediates by their antioxidant activities and led to treat many diseases such as cancers. The present study validates the religious claim and traditional medicine emphasis about fig with scientific data. This can be resulted in make a deep insight into holy Quran.

Keywords: Fig, Quran, Traditional medicine, Disease treatment, Cancer

Corresponding Author: rafiei1710@gmail.com