TIBB NABAWI on Nature based Products

Editors
Mohd Yakub @ Zulkifli Mohd Yusoff
Khadher Ahmed • Rozana Othman
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Zea Mays in the Holy Quran and Hadith: Health Benefits and Negative Effects

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In the Quran, it is states how Allah SWT gives life to plants on earth and urges people to think by observing the plants created by Allah SWT. Allah SWT mentioned:

Translation: “And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And (We produce) gardens of grapevines and olives and pomegranates, similar yet varied. Look at (each of) its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe.”

Al-An’ām 6: 99

It is undeniable that plants are essential for the survival of humans. Plants provide sources of food, medicine, health, nutrition, energy and others.

Allah SWT also mentioned several types of plants such as dates, figs, olives, garlic, paddy and corn. Likewise in the Hadith, the same plants are mentioned.

Corn is one of the most important staples or grains. Its benefits have been proven scientifically. The seeds are rich in carbohydrates and nutrients. However, if its consumption in daily intake is not well controlled based on expert advice, it may bring negative health side effects.

Quranic Verses Related to Corn

In Arabic, corn is known as الدُّرَّة (al-Durrah). In the Quran, corn is not directly stated. However, it can be referred to using the general
Tibb Nabawi on Nature-based Products is a book containing a collection of 11 articles that have been presented in the International Conference on Botanical Medicine Based on Sunnah Nabawiah (ICONIC 2017) on the 20-25 August 2017 in Male, Maldives. This conference was organized by the University of Malaya with the Ministry of Islamic Affairs, Republic of Maldives. The theme of conference was “Food Based on Sunnah Nabawiyah: Demand and challenges in an Urban Society.” This book discusses various topics relating to Tibb Nabawi (Prophetic Medicine) especially from plants, herbs or food. Additionally, some of the discussions involved researches from the point of view of manuscripts on traditional medicines. Among the plants and herbs highlighted in this book (which are mentioned either in the holy Quran or hadith) are al-Quṣṭ (Celtostachys Speciuxosus), Ḥdḫr, Ḥn, Ṭqṭn (Lagenaria Siceraria), Ĥrn (Zea Mays) and and plants from the Zingiberaceae family. Among the food discussed in this book include al-Mn w al-Slw and honey. The discussions in this book are very important for readers to gain a clear understanding about the benefits of plants and herbs mentioned in the Quran and hadith. It is crucial to note that Allah the Almighty does not mention anything in the Quran and the Prophet Muhammad (PBUH) does not narrate anything in his hadith except for the benefit to humankind. It is with great hope that the content of this book will bring great benefit to everyone.