



Pomegranate and the Realization of Pomegranate in The Light of the Sona and the Holy Quran

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Abstract

Pomegranates are one of the most valuable foods on the world, filled with vitamins, minerals, and antioxidants, as well as influential nutrients compounds. They found from long time around 1500 BC as a treatment for various parasites. Numerous cultures custom pomegranates as a traditional medicine. Pomegranates have widespread welfares and play important role in controlling of the risk of wild diseases as cancer, heart, and auto-immune diseases. The importance of pomegranates did not arise in vain, but there is something important that prompted scientists to pay attention to the study of pomegranates and knowledge of its components and study its impact on various diseases, namely the holy Quran. The holy Quran is the book of God and His Word, which was revealed to the Prophet Muhammad peace, be upon him by heavenly king Gabriel. Pomegranates are mentioned in the holy Quran in three places in the surahs of Al-Anaam and Rahman. In this review we will study the importance of pomegranates in various medical fields based on what the holy Quran and the sona 'In order to prove the scientific miracle of the holy Quran, we will show them in our horizons and in themselves until it turns out that it is right.

Keywords: Pomegranates; Holy Quran; Sona; Prophet Muhammad

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1. Background

Pomegranate (*Punica granatum L.*) delicious fruit known since ancient times appeared in the countries of the Mediterranean basin and some countries in Asia and Africa ^[1]. The importance of pomegranate is that it is one of the types of fruit that the monotheistic religions have mentioned. It has been mentioned in the Torah and the holy Quran ^[2].

It has been said that it is the fruit of Paradise and this is not everything has been mentioned by the Prophet Muhammad Peace be upon him in many conversations and all this shows the sanctity of this fruit ^[3].

Pomegranate grows depending on where it grows. In the northern hemisphere it grows from September to February, and in the southern hemisphere it grows and thrives from March to May ^[4].

The sources of the use of pomegranate varies and its grains are eaten as fruit and used as juice and added to some food products in addition to the crust used in various medical fields ^[5].

Pomegranate is a tree carrying fruit with many seeds that eat and known as arils ranging in length of trees between 5-10 meters. The fruit is subordinated to the family Lythraceae, subfamily Punicoideae, classification of Pomegranate summarized in Fig.1 ^[6].

- **Nutritional value of pomegranate**

Pomegranate Fruit as a Rich Source of Biologically Active Compounds, Pomegranate compounds are summarized in Fig.2

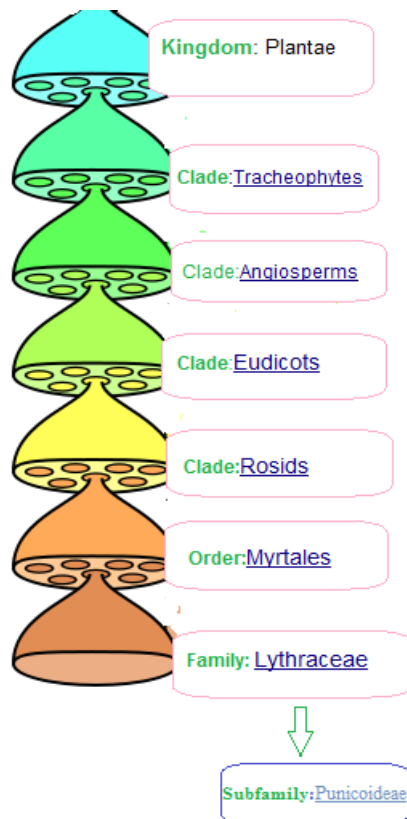


Fig.1. Scientific classification of *Punica granatum* L.



Fig.2. Nutrients of pomegranate

- Phytochemical composites in Pomegranates

Pomegranates contain many unique phytochemical compounds which have an important role in the vital role of pomegranates ^[8].

The first group of phytochemicals is known as Punicalagins (**Fig.3.A**), also known as pomegranate ellagitannins, which are formed when ellagic acid and gallic acid are combined with carbohydrates. This substance is known to have an activity as antioxidants. Found in green tea. In addition, pomegranate shells were found to contain three times the amount of phytochemical found in any other form, so extracting pomegranates from crusts is one of the most effective ways to make

effective use of pomegranates ^[9].

The second group of phytochemical known as Punicic Acid and concentrated in pomegranate grain, Punicic Acid is one of the most fatty acids found in pomegranate, which is a conjugated linoleic acid (**Fig.3.B**).

Punicic Acid has recently been known commercially as Omega-5, and scientific research has shown that the amount of omega-5 found in pomegranates is five times more in green tea and also twice as much as in grape seed extract ^[10].

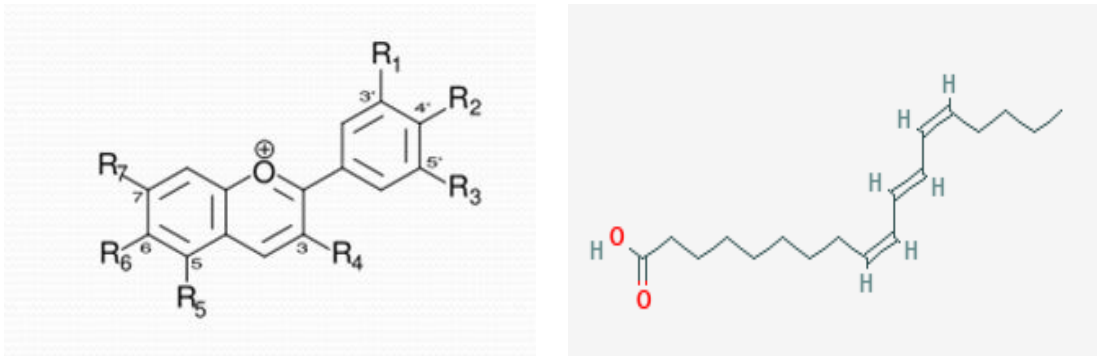


Fig.3. phytochemical compounds in Pomegranate

2. Pomegranate in Holy Quran & Sona

And we will go down from the Quran what is healing and mercy to the believers, and the oppressors will only add to the loss (Surah Al-Isra, Chapter 15: 82). Pomegranate is one of the fruits of paradise.

The presence of pomegranate in the holy Quran indicates its importance in the various medical fields and this indicates the miracle of the holy Quran, which proved the usefulness of pomegranate in the healing of many diseases and resistance, before the scientists proved millions of years^[11].

Pomegranate has been mentioned in the Holy Quran in three places, namely [12]:

✓ First place

Surah Al-Anaam, Chapter 6: 99

“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.”

✓ Second place

Surah Al-Anaam, Chapter 6: 141

“And He it is who produces gardens (of vine), trellised and untrellised, and palms and seed-produce of which the fruits are of various sorts, and olives and pomegranates, like and unlike; eat of its fruit when it bears fruit, and pay the due of it on the day of its reaping, and do not act extravagantly; surely He does not love the extravagant.”

✓ Third place

Surah Ar-Rahman, Chapter 27: 68

“In both of them are fruit and palm trees and pomegranates. So which of the favors of your Lord would you deny?”

Prophet Muhammad (peace and blessings of Allah be upon him) urged pomegranates to be eaten and advised by pregnant women if they are to have children who are beautiful and healthy.

The Prophet (peace be upon him) said: Pomegranate master fruit. It is eaten pomegranate angered the devil for forty days. If he ate it was not involved [one].

It was narrated from Abu Sa'eed that the Prophet, peace be upon him said: "I looked at Paradise; if the pomegranate of Rmanha KJld camel Almguebt, and if her bird Kalpcht, and if the running; I said: O going! Who are you? And she said: Zaid bin Haritha, and if In Paradise, no eye has seen, no ear has been heard, and no danger to the heart of mankind.

From the Commander of the Faithful (peace be upon him) said: I heard prophet Muhammad says: Whoever eats pomegranate until the light of God concealed his heart forty nights^[12].

The Prophet (peace and blessings of Allah be upon him) said: The creation of Adam, the palm, grapes and pomegranates of one clay.

It was narrated from al-Sadiq, from his father, from 'Ali ibn al-Husayn (peace be upon them) that he used to say: Whoever eats pomegranate on an empty stomach lighted his heart forty in the morning; and who did not disobey God brought him paradise^[13].

On the authority of Abu Saeed Al-Khudri, on the authority of Prophet Muhammad, he said: Eat pomegranate, so there is no grain of it in the stomach that illuminates the heart and silences the devil.

From the dictation of Sheikh Abu Jafar al-Tusi, mercy him: Feed your boys pomegranate, it is faster for their Sunnah.✓

3. Benefits of pomegranate

According to scientific studies that proved that pomegranate is used as an anti-inflammatory in many diseases, such as infections of the digestive system.

find that pomegranate was used as an effective treatment in most diseases, which will be listed in the following points:

1. Anti-inflammatory effect of pomegranate

Pomegranate is characterized as one of the elements that contains antioxidants significantly compared to antioxidants found in green tea and grape seed extract, due to the fact that pomegranate is rich in

Punicalagins, which have effective properties as antioxidants^[14].

Therefore, pomegranate is used as an anti-inflammatory in many diseases, such as infections of the digestive system.

Scientific research has proven that there is a statistical relationship between the rate of pomegranate consumption and the decrease in inflammatory markers CRP and interleukin-6, and this confirms that pomegranate helps in the treatment of infections, by drinking of 250 ml of pomegranate juice / day, it is working to decrease the rate of gastric H + K + -ATPase, and thus plays an important role in the treatment of peptic ulcers^[15].

The Pomegranate has an important role in the fight against bacteria and fungi, as it works as an anti-bacterial and fungi due to its containing from vitamin C and immunity components. Therefore, it is used as an effective treatment in microbe infecting on the mouth and digestive system, by changing the pH value that is reflected in the rate of growth of bacteria and viruses, changing the structural composition of the microbe, and affecting the signals used in operations. Microorganism and its connection to the host^[16].

2. Pomegranate as a fighter in cancer

2.1 Breast cancer

Also, pomegranate has an effective role in the fight against breast cancer, as it works as an anti-cancer compound `pomegranate - Polyphenols control on breast cancer by 2 mechanisms^[17]:

1. Inhibition of aromatase production responsible for converting androgen to estrogen.
2. Inhibition of the production of 17 β -hydroxysteroid dehydrogenase, an estrogen biosynthetic enzyme plays an important role in breast carcinogenesis. All of this works to inhibit the cancer cells in breast cancer in women.

2. Prostate cancer

Although, Numerous scientific research has proven that pomegranate works to inhibit the production of cancer cells, either through the death of cancer cells or through apoptosis, in prostate cancer for men, where it was found that there is a relationship between eating pomegranate and the rate of prostate-specific antigen PSA decline, which studies have shown that the high The PSA to clamp rate increases the risk of death. Drinking of 237 ml of pomegranate juice / day decrease level of PSA , so this decrease the rate of death^[18].

Where the polyphenols present in the pomegranate increase the growth of cells in G2 / M phase and increase the rate of death of cancer cells by apoptosis through downregulated cyclins D1, D2, E, cdk2, cdk4, Bcl-2 and upregulated p21, p27and Bax^[19].

3. Lung cancer

Not only that, but it was found that pomegranate has a major role in treating lung cancer, through many mechanisms such as arrest of cells in the Go / G1 phase of the cell cycle. Was linked to induction of WAF1 / p21 and KIP1 / p27 and a decrease in the expression of cyclins and cdk. Furthermore, inhibited several signaling pathways as , PI3K / AKT, and NFkB^[20].

In addition to that it works to prevent accumulation of oxidative DNA and thus it reduces the growth of cancer cells in lung cancer.it increased production of ROS and increased levels of pro-inflammatory cytokines (IL-1 β and IL-6) in the lungs as treatment action in hypoxia^[21].

4. Colon cancer

Also , pomegranate inhibited expression of TNF α -induced COX-2 protein and suppressed NFkB DNA binding and AKT activity in colon cancer , activation of caspase-3 and -9, and down-regulation of anti-apoptotic Bcl-xL all of these increase rate of apaptosis so, decrease the rate of colon cancer^[22].

3. Heart disease

Pomegranate contains Punicic acid, which plays a vital role in the prevention of heart disease by reducing the level of triglycerids and raising the level of good cholesterol and reducing the rate of bad cholesterol through Akt/endothelial nitric oxide-synthase pathway by taking 800 mg of pomegranate seed oil/ day^[23].

The Pomegranate also help to protect against the risks of heart disease indirectly, as it works to reduce high blood pressure, which is a major reason for the high risk of heart disease , by drinking of 150 ml of pomegranate juice / day for two weeks^[24].

It works to reduce high blood pressure by inhibiting angiotensin converting enzyme activity, which results in a decrease in systolic blood pressure^[25].

4. Mental state and Pomegranate

Pomegranate is important in preserving memory and protecting against Alzheimer's infection, by means of polyphenols, which play an important role in improving memory by increasing the rate of blood flow and strengthening nervous connections. Pomegranate has anti-aging character. Scientific researches indicate that drinking of 237 ml of pomegranate juice / day Improves audiovisual memory^[26].

5. Pomegranate and infertility

The antioxidant present in pomegranate reduces stress, which can affect fertility rates in men and women, and it also increases the rate of testosterone and other sex hormones that have an effective role in the fertilization process. Also, the presence of vitamin C in pomegranate helps increase the numbers of sperms and improves their quality. The presence of antioxidants prevents the fragmentation of DNA and protects it from external factors such as oxidation factors that increase the rate of deformities and raise the rate of death^[27].

Despite the importance of pomegranate in various medical fields, research scientists have confirmed that taking medications from high blood pressure with pomegranate leads to a very low blood pressure^[28].

Some studies have also shown that taking pomegranate with high cholesterol medications is found to overlap^[29].

Conclusions

The holy Quran is a miracle that Allah Almighty has shown miracles so far scientists have not discovered much of his hidden. God has made it clear in his holy book that he did not descend only disease and God sent him medicine. This led scientists, both in the East and the West to search the pages of the Quran to search for the secrets of healing. In this research, we wanted to talk about pomegranate, a great delicious fruit rich in vitamins, minerals and antioxidants.

Pomegranate was also found to improve fertility for men and women, reduce sugar, lower high blood pressure, and lower cholesterol and triglycerides.

All that is found on the bone of the Koran because he did not mention anything exulting, but everything is created as much and everything useful. All that we must search in the holy Quran and research in the depths and swimming between the folds and the wealth of wealth and applied in our lives.

Disclosure Statement

The authors have no conflict of interest

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