

Fig, Medicinal fruit of all Scriptures

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The Fig is a soft sweet pear shaped and with many seeds, which grows on a tree related to the mulberry species, available in various colours. The Fig plant is one of the five plants mentioned in the Qur'an, the others being grapes, olives, pomegranate and dates. It is mentioned in the Quran of a Fig tree in the Garden of Jannah, and in fact the most discussed fruit in the Bible. [1] The word sycophant, meaning an informer and one who seeks favors by flattering the powerful, comes from the Greek "to show the Fig." According to Biblical Literature, it is said, that a Fig tree provided the first clothing for the human being. Fig is discussed in the preliminary Ayah 1 of Surah 95, which confirmed the medicinal values and advantages of this fruit. [2]

Hadith Literature provides us an event related to the Fig. According to Abu Darda, companion of Rasulallah(S) someone presented Figs to Rasulallah (S) and he in turned distributed it amongst his companions. He gave its resemblance to the fruit of Jannah, where all fruits will be seedless. He further related its value: [3]

"Eat it as it cures various diseases among which are Piles, Gout and Arthritis".

According to Ibn Sirin, [4] the celebrated scholar of the occult sciences, "Figs, if seen in dreams, denote wealth and prosperity."

The numerous benefits of Figs mentioned here is an indication of the compassion Allah feels for human beings. Out of a long range of medicinal benefits a few are as follows:

- *Figs are high in dietary fiber and a rich source of magnesium as well as potassium.*
- *It is relatively high in vitamins A, B, and C and low in calories, about 50 calories each.*
- *Abi Abdillah imam Jafar Assadiq advised the eating of Figs as a remover of bad smell of the mouth. [5]*
- *One large raw fig, approximately 65 grams is 77.5 percent water, yields .8 g protein, .2 g total fat, 23 mg calcium, .4 mg Iron, 50 IU vitamin A, 2.1 g dietary fiber, 3.8 mcg foliate, .3 mg niacin, and 1 mg vitamin C.*
- *It also helps to reduce some forms of cancer.*
- *Choosing figs more frequently means that you'll naturally cut down on potentially harmful foods and this is great for your lifelong health.[6]*
- *According to the California Fig Advisory Board, it is believed that the antioxidants in fruits and vegetables protect against a number of diseases. [7]*

- *In a study done by the University of Scranton, it was determined that dried figs had a much higher level of the phenol makeup, which is rich in antioxidants, than other fruits. Phenol is used as an antiseptic to kill micro-organisms. The level of phenol in figs is much higher than that in other fruits and vegetables.*
- *It is an ideal food for losing weight.*
- *Figs are also thought as a medicine which gives strength and energy to long-term patients as they seek to recover.*
- *Figs eliminate physical and mental difficulties and give the body strength and energy.*
- *Figs are also recommended in the treatment of asthma, coughs and chills.*
- *It benefits the nervous system by its phosphorous content.*
- *It is recommended for athletes and children.*
- *It also cures the obese, asthma, and diabetic patients.*
- *Al Shaikh al Raess, Bu Ali Ibn Sina, known in the west as Avicenna, recommended Fig for the treatment of constipation, liver problems, urinary problems, heartburns, chest pains, piles and epilepsy. [8]*
- *It is recommended that five pieces of figs be taken for at least four to ten months regularly, early in the morning, which completely eliminates piles.*
- *It benefits the pregnant and nursing women, helps in reducing acidity, rheumatism and helps the brain.*
- *Its ashes, when taken with oil, treats pimples, skin pigmentation and whiten teeth.*
- *For treating wounds it is used in a preparation made with hot milk.*
- *Fig fruit is used widely for the treatment of major diseases like cancer and paralysis. Dr. Kochi (Japan), who specializes in using Figs for its medical value, has treated some twenty kinds of cancer from it. With little or no side effects and high success rate it is becoming the preferred way to treat cancer. It is thus a truly blessed fruit, beneficial to the humanity.[9]*
- *The fruit contains a proteolysis enzyme that is considered an aid to digestion and is used by the pharmaceutical industry.*
- *Due to its high alkalinity it has been mentioned as being beneficial to people who wish to quit smoking.*
- *It can dissolve and expel the kidney and urinary bladder stones. For patients suffering with kidney failure, and who are recommended for kidney transplantation and dialyses, if Figs are used as a full diet, then Inshallah by the order of Allah-Al-Shafi, the non healthy organs are rejuvenated and restored to its normal condition. .*
- *It is a good nourishing tonic and provides protection against the effects of toxins.*
- *It is useful in pharyngitis, chest congestion and heaviness and bronchitis.*
- *It is also useful for liver and spleen ailments.*
- *It is a good expectorant.*
- *During fevers, if it is chewed, the patient feels relief from the dryness of mouth.*

- It clears the obstruction of liver and gall-bladder and relieves inflammations of the kidney and urinary bladder.
- It clears intestinal obstructions.
- It acts as a carminative and expels the gases from the intestines.
- It is also useful in colic's and is a good diuretic.
- It is useful for mental illness if it is taken regularly
- Syrup made from Methi seeds, Figs and Honey is very effective in cough and Bronchial Asthma.
- Bake dry Figs till it is roasted properly, crush it and make a powder for dental ailments, it removes the different stains. Similarly this powder is also used for spots on the face and skin.
- It is useful for the patients of Diabetes mellitus.
- Figs and the Fig syrup, benzaidehyde, have helped to shrink tumors, according to Japanese tests.
- Also a laxative, anti-ulcer, and has antibacterial powers.
- It contains the digestive enzymes for all the three components of diet that is proteins, Carbohydrates and Fats.

Dr. M. Laiq Ali Khan, an eminent scholar has discussed:

"No reference to the existence of Figs is available before the advent of Muslims in India. Therefore, it is considered that either the Mughals or the Mongols from Asia Minor or the Muslim physicians introduced it to India. Figs of Pune are famous. A native of western Asia and the Mediterranean area, the fig is one of the earliest fruits which is known to human being. The Fig, a member of the mulberry family, is one of the sweetest fruits when fully ripe. Fresh figs are highly perishable.

Try to pick the fruit daily and either use it or preserve it the same day to ensure best quality and flavour. There are about hundreds of figs varieties. Although considered a fruit, the fig is actually a flower that is inverted into it. Fig, round in shape, on ripening becomes soft and drop down, and are collected, compressed and preserved by dipping it in common salt solution and fumigation of sulphur. This compressed fruit on draying looks like a big tablet with a hole in the centre and are being used for the purpose of medicine in Tib al Nabawi". [10]

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