

THE SCIENTIFIC IMPORTANCE OF *Nigella sativa* (Kalonji) AND HONEY IN ACCORDANCE WITH TIB-E-NABVI

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ABSTRACT

The kalonji and honey in accordance with Tib-e-Nabvi has great importance for the prevention of heart diseases particularly coronary artery disease. Coronary artery disease is a major health problem now a day and hyperlipidemia is one of the major risk factor of it, particularly raised low density lipoprotein (LDL), low level of high density lipoprotein (HDL) and total cholesterol. The aim of kalonji and honey is to assess their effect on plasma cholesterol, LDL and HDL cholesterol in patients with hypercholesterolemia . Additional therapeutic uses of kalonji are, high blood pressure, diabetes mellitus, headache, paralysis parkinsonism, backache, acidity, obesity and topical use of oil on head makes the hairs to grow lengthy, thick, strong, hence used for the treatment for dandruff and hair falling.

Key words: Cholesterol, HDL, LDL cholesterol, coronary artery disease

INTRODUCTION

The "Holy Quran" is the eternal and everlasting basis of Islam. It contains signs and verses which have been leading, people of different ages and of different academic and intellectual background. The "Holy Quran" invites mankind to study in depth and ponder over the creations of "Allah". Islam being an international and universal religion is a complete code of life. The "Holy Quran" from the very start has a claim that it covers every aspects of life and is full of wisdom. The "Holy Quran" speaks "We have neglected nothing in the Book" (I). Living in the age of breath-taking scientific discoveries, we are in the best position to un-ravel the scientific and miraculous contents of the revealed message particularly in the field of medicine.

HONEY

"Honey is usually collected twice in a year, in June and in August or September in Egypt". We get three types of honey, honey of citrons (oranges and lemons), honey of clover and honey of cotton.

Allah said in the Holy Quran (Surah al Nahl, verse 68 and 69), which means.

"God has sent a Holy Message to bees to make use of the mountains, trees and spreading fruits and go through all the routes that God has facilitated out of their bellies a syrup (honey) in different colors, it gives cure to people. In this, there is a virtual example to thinking people".

1. The Holy Quran and many of the sayings of the Prophet Muhammad (PBUH) explains the benefits of honey. As an examples of prophet sayings in this respect, "Take these low curatives, Quran" and honey. In the Holy Quran, The Great Allah says: "There is cure in honey" (Al-Nahl: 69).

2. Ibn e Abass narrated that the Prophet said:

"Healing is in these three things: A gulp of honey, cupping, and branding with fire (cauterizing)." But I forbid my followers to use (cauterization) branding with fire." (Sahi bukhari: 584)

3. Hazrat Ayesha narrated that:

“Sweet edible things and honey both were liked by the Holy Prophet (PBUH)” (Al-Bukhari: 586).

4. Hazrat Abu Said Al-khurdi narrated that: A man came to the Prophet and said, "My brother has some abdominal trouble." The Prophet said to him "Let him drink honey." The man came for the second time and the Prophet said to him, "Let him drink honey." He came for the third time and the Prophet said, "Let him drink honey." He returned again and said, "I have done that ' The Prophet then said, "Allah has said the truth, but your brother's abdomen has told a lie. Let him drink honey." So he made him drink honey and he was cured (Al-Bukhari: 588).

5. Jabir Ibn- Abdullah narrated that the Holy Prophet said: "If there is any good in your medicines, then it is in a gulp of honey, a cupping operation, or branding (cauterization), but I do not like to be (cauterized) branded”(Al-Bukhari: 603).

6. The Prophet (PBUH) said: “Honey is the remedy for every illness and Quran is the remedy for all illness of mind, therefore I recommended to you both remedies, the Quran and the Honey” (Sunaan Tirmidhi: 1196).

7. The Holy Prophet said that: “When there is inflammation in kidney and patient is in trouble, then give him honey and boiled water”. Kalonji Kay Karishmat.

8. Hazrat Abu Hurarah narrates that Prophet (PBUH) said that: He who takes Honey in the morning thrice in every month, he will not face great difficulty”. Tibb-e-Nabvi 3rd Jild.

9. The Prophet (PBUH) said that: “Whose so ever wants to be healthy, should drink honey mixed with rain water every morning” (Tibb-e-Nabvi and Jadeed Science).

COMPOSITION OF HONEY

- i. Water-.....17.7%
- ii) Fructose 40.5% Sucrose 1.9%
- iii)Glucose----34.02%
- iv). Mineral acids.....4.2%.

It also contains vitamins like B1, B6, C, K, E etc. (Kalonji and Shahad).

Honey has been reported to be useful in the treatment of hypercholesterolemia, other uses are

- a). Chronic non specific diarrhea
- b). Chronic Bilh ARZIAL ulcer
- c). Ocular disease.
- d). Jaundice.
- e). as hyperglycemia agent
- f). As antiseptic on wounds.
- g). Acute Respiratory tract infections such as Bronchitis and -In P.T.B as expectorant (Tibb-e-Nabvi: Jild - III).

KALONGI

Its botanical name is *Nigella sativa* (Black Cumin). According to Tibbe-Nabvi "Kalonji is a natural and blessed herb. The plants of Kalonji are found throughout India in the form of bushes. It was originated from Turkey and Italy. Later on it was brought to Asia by physicians and was cultivated in India. Seeds arc triangular shape, black in colour and possess a pungent smell, contain considerable amount of oil. Prophet - Muhammad (PBUH) mentioned its therapeutic efficacy and potential of cure. Hazrat Abu Hurairah States "I have heard from Rasool Allah (PBUH) that cure for

every disease in black seeds except death and black seeds are schooners" (Sahih Bukhari).

Salim Bin Abdullah narrates with reference to his father Hazrat Abdullah Bin Omar that Rasool Allah (PBUH) said. "Let fall these black seeds upon you, these contain cure for all diseases except death" (Sahih Bukhari). In Holy Quran Allah says:

"We sent down (reveled) off the Quran that which is a healing and mercy to those who believes"(Surah Al-Isra: verse 82).

In Surah Younus Allah says: "O mankind! There has come to you a good advice from your Lord (i.e. the Quran), and a healing for that which is in your hearts." (Quran, Surah Younus: verse 57) Narrated Hazrat Abu Huraira R.A:

The Prophet said, "There is no disease that Allah has created, except that He also has created its treatment." (Sahi Bukhari: 582) Narrated Hazrat Khalid bin Sad R.A: We went out and Ghalib bin Jabr was accompanying us. He fell ill on the way and when we arrived at Medina he was still sick. Ibn Abi 'Atiq came to visit him and said to us, "Treat him with black cumin. Take five or seven seeds and crush them (mix the powder with oil) and drop the resulting mixture into both nostrils, for Aisha has narrated to me that she heard the Prophet saying, 'This black cumin is healing for all diseases except As-Sam.' Aisha said, 'What is As-Sam?' He said, 'Death.'" (Sahi Bukhari: 591)

3-) Narrated Hazrat Abu Huraira R.A: I heard Allah's Apostle saying, "There is healing in black cumin for all diseases except death." (Sahi Bukhari: 592)

4-) Hazrat Salim Bin Abdullah R.A narrates with reference to his father Hazrat Abdullah Bin Omar that Rasool (PBUH) said,

"Let fall these black seeds upon you, these contain cure for all diseases except death." (Sahih Bukhari- 592).

The same narration is found in Musnad-e-Ahmed from Hazrat Aisha R.A and in Ibn-al-Jowzi and Tirmizi from Abu Huraira R.A. Hazrat Buraida narrates that Prophet Muhammad (PBUH) stated - "Shawnees, kalonji is cure for all ailments except death."

It is also stated in the books of seerat that The Holy Prophet (PBUH) himself used to take the seeds of kalonji for therapeutic purpose but with the syrup of Honey.

So it is proved from the above mentioned hadiths and quotes from the books of seerat that kalonji (black seeds) are equally effective for almost all types of diseases except death and has a great therapeutic value in from the era of Islam. Kalonji also has a great therapeutic value in this modern scientific era.

It is revealed from the above mentioned hadith that Kalonji is regarded as a greatest therapeutic in Islam and has a great value against many diseases.

COMPOSITION

Seed contains 1.5% volatile oil 37.5% non volatile oil. In addition to this albumen, sugar, organic acid, glycoside, melanthin, meets barin and bitter substances are also found. The glycoside is toxic in nature hence the use of kalonji in large doses and/or-prolonged used might be harmful. (Kalonji and honey).

USES

It is used in:

- 1) Blood Pressure
- 2) Diabetes Mellitus
- 3) Headache
- 4) Paralysis
- 5) Parkinsonism
- 6). Backache
- 7). Acidity

- 8). Obesity
- 9). High Cholesterol level
- 10). High Triglycerides level
- 11). Topical use of oil on head makes the hairs to grow lengthy, thick, strong, also used for the treatment for dandruff and hair falling (Tibb-e-Nabvi: 88).

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