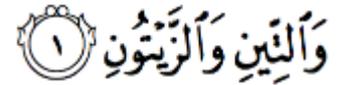


Fruit: Figs
Group: Girls
Age: 13 - 16
Teacher: Nikhat Panjwani

The Fig - تين



Where is 'the fig' mentioned in the Qur'an?

The fig is mentioned in just one place in the Holy Qur'an – in Surah Teen. Surah Teen begins with Allah (swt) swearing by a number of things. He swears by: the fig, the olive, Mount Sinai and the city of Makkah. When Allah (swt) swears by anything in the Qur'an, it is like He is making a promise that something important is going to follow, and He is about to announce some news. By swearing by the fig, it highlights the importance and significance of this fruit. He draws attention to the fig by making an oath by it.

Where is 'the fig' found in the world?



The fig tree can be found in Damascus. It is also said to be the tree of Prophet (a) and Bibi Hawwah (a) as, according to hadith, it is the leaves of this tree that they used to clothe themselves with. The fig tree can last for hundreds of years; generations can come and go, but the tree will continue to bear fruit despite its old age.

Are there any ahadith on 'the fig'?

- The Holy Prophet (saw) said: *'Eat figs! If I could say a certain type of fruit was sent down for us from the heavens, I would say it was the fig because it has no seeds and in it there is a shifa'a (remedy)'*
- The 8th holy Imaam, Imaam Ridha (a) also advises eating figs for:
 - Removing bad breath
 - Improving hair growth
 - Curing colic and piles
 - Curing pains, especially joint pains, and strengthening the bones

What are some benefits of eating 'the fig'?

Though the fig was mentioned in the Qur'an hundreds of years ago, and there are numerous hadith on the benefits of eating figs from the a'immah, modern day science has also listed a number of benefits that come from this fruit. Figs are:

- High in dietary fibre and a rich source of magnesium & potassium
- A source of energy to provide strength for long-term patients whilst they recover
- Recommended as a treatment for asthma & coughs (particularly when made into a syrup with methi seeds and honey), chills, diabetes

- Beneficial for pregnant & nursing women, reducing acidity, rheumatism and helping the brain
- Used a treatment for pimples, skin pigmentation and teeth whitening (using their ash and taken with oil)
- Widely used a treatment for major diseases like cancer and paralysis (Dr. Kochi (Japan) has treated 20 types of cancer with figs and their syrup, which are said to shrink tumors)
- A good nourishing toxins and provide protection against the effects of toxins
- Able to dissolve and expel kidney and bladder stones, and can be used to help patients suffering from kidney failure; can clear obstruction of liver and gall bladder, relieves inflammation of kidney and urinary bladder.



Some interesting facts about 'the fig':

- According to hadith represents Adam and Hawwah. They covered themselves with the leaves of the fig tree. It was the only tree that humbly allowed them to pick its leaves
- Whole of the fig can be eaten, nothing of its fruit is wasted. It has two harvests in a year.
- The Prophet said the fig is a fruit of Jannah and has shifa in it.
- A flower inverted into itself, blossom is within it. Blossom in the heart.
- Oldest tree known to human kind.
- Eating one half cup of figs has as much calcium as drinking one-half cup of milk.

(more information found online)

THE FIG: A FRUIT WHOSE PERFECTION HAS ONLY RECENTLY BEEN REVEALED

The Benefits of the Fig for Human Beings

Figs have a higher fibre level than any other fruit or vegetable. One single dried fig provides two grams of fibre: 20% of the daily recommended intake. Research over the last fifteen years or so has revealed that the fibre in plant foods is very important for the regular functioning of the digestive system. It is known that fibre in foods assists the digestive system and also helps reduce the risk of some forms of cancer. Nutritionists describe eating figs, which are **rich in fibre**, as an ideal way of increasing one's fibre intake.

Fibrous foodstuffs are divided into two types: soluble and insoluble. Foods rich in insoluble fibre facilitate the passage of substances to be expelled from the body through the intestine by adding water to them. They thus accelerate the digestive system and ensure its regular functioning. It has also been established that foods containing insoluble fibre have a protective effect against colon cancer. Foods rich in soluble fibre, on the other hand, have been shown to reduce cholesterol levels in the blood by more than 20%. These are therefore of the greatest importance in reducing the risk of heart attack. Excessive levels of cholesterol in the blood collect in the arteries, hardening and narrowing them. Depending on which organ's blood vessels the cholesterol accumulates in, disorders connected to that organ arise. For example, if cholesterol accumulates in the arteries that feed the heart, problems such as heart attacks result. Accumulations of cholesterol in the kidney veins can lead to high blood pressure and kidney deficiency. Furthermore, the intake of soluble fibre is important in terms of regulating blood sugar by emptying the stomach because sudden changes in blood sugar can lead to life-threatening disorders. Indeed, societies with fibre-rich diets have been shown to have far lower incidences of illnesses such as cancer and heart disease.¹¹⁷

It is also another major health advantage for soluble and insoluble fibres to be present at one and the same time. It has been shown that when both forms are present together, they are much more effective in preventing cancer than when they are on their own. The presence of both forms of fibre, soluble and insoluble, in the fig makes it a most important foodstuff in this regard.¹¹⁸

Dr. Oliver Alabaster, Director of the Institute for Disease Prevention at the George Washington University Medical Centre, refers to figs in these terms:

... [H]ere is an opportunity to add a really healthy, high fiber food to your diet. Choosing figs and other high fiber foods more frequently means that you'll naturally choose potentially harmful foods less frequently-and this is great for your lifelong health.¹¹⁹

According to the California Fig Advisory Board, it is believed that the **antioxidants** in fruit and vegetables protect against a number of diseases. Antioxidants neutralise harmful substances (free radicals) that arise as a result of chemical reactions in the body or else are taken in from the outside and thus prevent the destruction of cells. In one study performed 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. [120](#)

Another study, by Rutgers University in New Jersey, revealed that due to the essential fatty acids **omega-3** and **omega-6** and **phytosterol** contained in dried figs, they can play a considerable part in reducing cholesterol. ¹²¹ It is known that omega-3 and omega-6 cannot be manufactured in the body and need to be absorbed with food. Furthermore, these fatty acids are indispensable to the proper functioning of the heart, brain and nervous system. Phytosterol permits the cholesterol in animal products, which has the potential to harden the heart's arteries, to be expelled from the body without entering the blood stream.

Despite being one of the oldest fruits known to man, the fig-described as "nature's most nearly perfect fruit" by the California Fig Advisory Board ¹²²-has been rediscovered by food producers. The nutritional value of this fruit and its health benefits have led to its acquiring a whole new importance.

The fig can constitute a part of just about any special diet. Since figs do not naturally contain fat, sodium or cholesterol but have high levels of fibre, they are an ideal food for those trying to lose weight. At the same time, figs have higher mineral contents than any other known fruit. Forty grams of figs contains 244 mg of potassium (7% of the daily requirement), 53 mg of calcium (6% of the daily requirement) and 1.2 mg of iron (6% of the daily requirement).¹²³ The **calcium** level in figs is very high: The fig ranks second after the orange in terms of calcium content. A crate of dried figs provides the same level of calcium as a crate of milk.

Figs are also thought of as a medicine which gives strength and energy to long-term patients as they seek to recover. They eliminate physical and mental difficulties and give the body strength and energy. The most important nutritional component of figs is sugar, which comprises 51-74% of all fruits. The sugar level in figs is one of the highest. Figs are also recommended in the treatment of asthma, coughs and chills.

The benefits we have restricted ourselves to mentioning here are an indication of the compassion Allah feels for human beings. Our Lord provides the substances required by human beings in this fruit, which is so pleasant to eat, already packaged and at the ideal levels for human health. The way that this special blessing from Allah is mentioned in the Qur'an may indicate the importance of the fig for human beings. (Allah knows best.) From the point of view of human health, the nutritional value of the fig was only established with the advance of medicine and technology. This is another indication that the Qur'an is indisputably the Word of Allah, the Omniscient.

A group of Japanese researchers embarked upon looking for a particular protein source among foodstuffs, which protein is produced in small amounts in human brain, decreases the cholesterol in blood, strengthens the heart and is a chief factor behind one's level of bravery, and the production of which stops the person reaches the age of 60.

The Japanese researchers eventually found out that the substance is just to be found in figs and olives and that for giving it to the body, one should consume the two fruits – figs and olives, with the proportion of one fig to seven olives. Following the publication of this finding, an

Egyptian Qur'anic scholar wrote a letter to the Japanese research team, informing the latter that in the Muslim's Holy Book –the Qur'an Allah has sworn by figs and olives together (Chapter 95 of the Holy Qur'an) and that mention of figs has occurred once that of olives seven times in the Holy Qur'an.

A tradition narrated from Imam Ali-ibn-musa-r-Riza (p.b.u.h.) says: The fig removes the bad smell of the mouth. It strengthens the gums and bones, causes the hair to grow, puts an end to some ailments so that medicine is not needed. Then, he added: The fig is the most comparable thing to the fruits of Heaven.

Metallothionein (MT) : A material which is produced by humans and animals brains in small quantities. This material is a protein that contains Sulfur which can easily bind with zinc, iron and phosphorus. This substance is considered very vital to the human body in the sense of reducing cholesterol, performing metabolism, strengthening the heart, and controlling breath.

MT production increases gradually between the ages of 15 to 35 years. Then, the production level decrease till it stops at the age of sixty. That is why it was not easy to obtain MT from humans. Also, small amount of MT was found in animals.

Therefore, scientists kept searching for MT in plants. A team of Japanese scientists searched for this magical substance that works as a removal of the symptoms of aging. The team found subject substance only in two types of plants; fig and olive.

. Then, let's try to link it directly to the creation of human beings in the best manner and then abasing them to the lowest of the low.

After MT was deduce from figs and olives, scientists found that the use of MT from fig or olive alone did not give the expected benefit for the human health. The benefits were only seen when MT that is extracted from fig was mixed with MT that is extracted from olive.

After noticing that, the Japanese team tried to find the best mix ratio between fig and olive that provides the best influence.

The best mix ratio was found to be 1 fig to 7 olives!

<https://www.youtube.com/watch?v=olfj2i9E9qo>

