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The Beneficial Effects of Pomegranate: A Perspective from Tibb-e-Nabwi

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ABSTRACT

Prophetic Medicine also known as "Tib e nabwi", is an old-age practice of medicine derived from the teachings of Prophet Muhammad (s.a.w). Pomegranate is a fruit mentioned in the Quran three times. Al-Shafii noted that; two of which are in the Surah Al- An'am (6): verses 99 and 141, and another in the Surah Al- Rahman (55): verse 68 (Al-Shāfi'ī,
2000).It is one of the favorite fruit as well as medicine of our (Prophet Muhammad S.A.W), Synonyms of pomegranate are; Rumman (in Arabic), Dalimgachh (Bengali), Melogrante (Italian), Anar, Dhalim, Dharimb (in Hindi), Bijapura (in Sanskrit), Anarmitha (in Urdu), and its Botanical name is Punica Granatum Linn (Belongs to the family of Punicaceae), All parts of pomegranate are used as medicine like Post anar, anar daana, Flower, Arq anar. It has Tannic Acid, Pectin, Palletierine, Punico tannic Acid, Sodium, Potassium, Calcium,
Magnesium etc. Prophet (S.A.W) said that intake of anar dana with Post anar is kirm kush
(beneficial against worm infestation). According to modern chemist, it works as Mufarrah, Coolant (thandak phchane wala), Digestive, Appetizer, It provides energy, it is also used in the management of jaundice. In this paper I will explain the types, Advantages, Pharmacological actions and therapeutic uses of pomegranate.

Keywords: Pomegranate, Post anar, Kirm kush,Therapeutic uses

1. INTRODUCTION

Punica granatum, the pomegranate's current scientific name, is derived from the names Pomum (apple) granatus (grain), or seeded apple. Synonyms for pomegranate include Granatum punica St Lag, Punica florida Salisb, Punica multiflorida Hort, ex Siebold and Voss, Punica nana Linn, Punica spinosa Lam, and Punica grandiflora Hort.exSteud [1].

Pomegranate (Anar) is the common name for Punica granatum. It comes from Asia and belongs to the Punicaceae family of big deciduous shrubs and small trees [2,3]. Numerous hundred distinct antioxidants and other medicinal substances can be found in pomegranates. As such, a number of research have been conducted to clarify its pharmacognosy and pharmacokinetics. Traditionally culturally and religiously, Pomegranate has been used as a symbol of serenity, wellness, fertility, chastity and unity. It is blessed fruit of paradise (Arabic: Rumman), a bounty of health and banquet of beauty-a boon to mankind. In the

Indian subcontinents ancient Unani and Ayurveda system of medicine, the pomegranate has extensively been used as a source of traditional remedies for thousands of years. According to Quran, the garden of paradise include Pomegranates. It is important tradition says to eat every seed of a pomegranate because one can't be sure which aril come from paradise. The Prophet Mohammad (S.A.W) is said to have encouraged his followers to eat Pomegranates to ward of envy and hatred. Prophet said, One should take pomegranate along with inner covering as it provides strengthens the stomach. Prophet (S.A.W) said that intake of anar dana with Post anar is kirm kush (beneficial against worm infestation).[4]

2. BOTANICAL DESCRIPTION

Punica granatum is a herbaceous plant or small tree that grows to a height of 5 to 10 meters. It is believed to be native to Afghanistan and Baluchistan in Asia, and it can be found growing wild in the hot valleys and outer hills of the Himalayan Mountain range between 900 and 1,800 meters. It is also grown throughout the Republic of India[5]. Fruit: 3.8–7.5 cm in diameter; globose, capped with a calyx-limb; stiff, woody rind; the interior portion of the fruit has the carpels' membranous walls; each pistil contains a variety of angular seeds due to mutual pressure. Seeds have a beautiful inner coat and a wet outer coat that contains pink liquid.[6]

3. RESIDENCE AND DISTRIBUTION

According to De Candolle, the pomegranate ligneous plant is originally native to Persia and neighbouring countries. However, it has been cultivated and partially naturalized throughout the Mediterranean region.it is generally believed to be native to the northern and western regions of the continent, the southern Persian Gulf, and possibly Palestine. These days, this tree grows throughout the world's hotter and more temperate regions.[7]

4. PLANT DESCRIPTION IN UNANI TEXTS

Anar is fruit of celebrated tree, its plant is cultivated all over continent, some plants are twenty feet tall, stem thin, dimension three or four feet, barks are xanthous or dark brown in colour. Some are elongated whereas others are xanthous red; the red flowers are organized two in one place, the fruits return when shedding of flowers. The diameter of pomegranate is roughly 3.5 inch; The seed of pomegranate, some are red, elongated whereas others are white. Generally seeded, some are seedless. Kabuli pomegranate is taken into account as best in quality compared to other countries.

5. TYPES OF ANAR ACCORDING TO TASTE

- Sweet Anar,
- Sour Anar
- Combination of both sweet and sour [8]

TABLE 1: PHYTOCHEMICALS OF POMEGRANATE [9]

Plant component	constituents
Juice	A variety of minerals, especially iron, amino acids, glucose, ascorbic acid, ellagic acid, gallic acid, caffeic acid, catechin, quercetin, and rutin.
Seed oil	95% punicic acid; other constituents, including ellagic acid; other fatty acids, Sterols.

Pericarp (Peel, rind)	Phenolic punicalagins; gallic acid and other fatty acids; catechin, quercetin, rutin and other flavonols; flavones, flavanones; anthocyanidins.
Leaves	Tannins (punicalin and punicafolin); and flavones glycosides, including luteolin and apgenin
Flower	Gallic acid, ursolic acid; triterpenoids, including maslinic and Asiatic acid; other unidentified constituents
Roots and bark	Ellagitannins, including punicalin and punicalagin; numerous piperidine alkaloids.

6. PHARMACOLOGICAL ACTIONS

The plant has been reported to possess a number of pharmacological properties, including the ability to vermifuge, antiulcer, cardiotonic, aphrodisiac, nematicide, parasitic, appetizer, laxative, diuretic, and digestive[10], as well as be an astringent, bactericidal, stimulant, stomachic, and styptic [11], as well as antispasmodic, analgesic, anti-aging, anti-atherogenic, and antitubercular[12]. It has been traditionally used in conditions like Abortion, anorexia, asthma, biliousness, dysmenorrhea, dyspepsia, epistaxis, haemorrhoids, high cholesterol, fever, bronchitis, brain disease, chest issues, scabies and kidney disorder, haematuria, impotence, inflammation[13], bleeding, burn, cholera[14], cough, dermatosis, diabetes, diarrhoea, dysentery[15], infection, infertility, cough, cardiac issues, metrorrhagia, leucorrhoea, and leprosy[16].

Unani physician have mentioned various medicinal properties of Anar (Punica granatum) like Mujaffif (Desiccant) [17], Qābiḍ (Astringent[18], Muḥallil (Antiinflammatory) [17,19], Ḥābis-i-Dam (Haemostatic), Mukhrij-i-Dīdān-i-Am‘ā’ (Antihelmintic)[18], Dāfi‘-i- Ishāl (Anti Diarrhoeal),Dāfi‘isailanehaiz(Antimenorrhagia)[18],Maneqai(Antiemetic),Mujalli(Detergent)20], Muqawwīi-Mi‘da (Stomachic)[18] , Mudirr-i-Bawl (Diuretic)[18]Mulayyin shikam (Laxative), Muqawwī-i-A‘ḍā’ Ra’īsa (Tonic for vital organs)[18]

7. MEDICINAL USES

Khafaqān (Palpitation), Yarqān Aṣfar (Jaundice)[18], Azme-Tihal (Spleenomegaly), Su‘āl (Cough)[21], Waja‘-seena (Chestpain)[19], Zaheer (Dysentry), Ishāl (Diarrhoea)[19], Bawāsīr (Piles)[22],Quba (Ringworm), Nafth al-Dam (Haemoptysis), ī’ Istisqa’ziqqi(Ascites),Mukhrij-i-Dīdān-i-Am‘ā’(Vermifuge)[19],Sayalānal-Raḥim (Leucorrhoea)[22] .

8. THERAPEUTIC USES OF VARIOUS ANAR PARTS

8.1 Bark

For a very long time, an anthelmintic was made from the dried bark of the stem and roots. For the treatment of snake bites, a combination of the fruit and bark with various medications is advised. For scorpion bites, the bark is also advised. The bark can be used as an anthelmintic by steeping it orally and then taking a purgative medication afterward. Tape worm is treated by root bark soaking. Hot water extract of dried fruit and bark is taken orally in India for menorrhagia, leucorrhoea, and Hansen's illness, as well as an anthelmintic.

8.2 Rind

Pomegranate peel or rind mixed with opium and an aromatic, such as cloves, may be a helpful medication for dysentery and persistent diarrhoea. While an infusion of the same material is used to treat inflammatory

bowel illness, a decoction of the peel is recommended for stomach pain and infectious diseases. In nursing, an anthelmintic infusion of fine fruit, rind, and rice flour is used to treat loose stools and dysenteries. An oral extract of edible fruit peel is used to treat viral diseases and loose stools.

8.3 Flower

Flowers are steeped and then gargled to relieve sore throats. Flower used as a cure for bronchitis, cut wounds, loose bowels, and systemic constipation, respiratory disorders are treated with powdered flower powder. Flower infusion utilized as a vermifuge.

8.4 Leaves

It is used to treat buccal ailment, irregular menstruation, eliminate tapeworms.

8.5 Root

Dried roots are used as an abortifacient, bleeding infectious diseases, antidiarrheal medications, and abortions.

8.6 Fruits

Dried fruit extract in hot water is applied externally to treat wounds, ulcers, bruises, painful lips, stomatitis, leucorrhoea, and vaginitis.

8.7 Whole plants

For snake bites, the entire fresh plant that was previously grown is used. The biting site is covered with the paste. Juice is poured into the ears, navel, and nostrils [23].

9. IMPORTANT UNANI FORMULATION OF ANAR

- Sharbat Fawakeh
- Rubb Anar Tursh
- Rubb anar Shireen
- Sharbat Anar Shireen
- Sharbat Anar tursh
- Arq Fawakeh
- Broode Rumman
- Jawarish Anar Sada
- Jawarish Anar Murakkab
- Jawarishe Anarain
- Habbe Anar
- Rummania
- Roghananar
- Safoof Anar
- Sikanjabeen Rumman [17,21]

10. SCIENTIFIC REPORTS-

10.1 Hypoglycaemic Activity

The hypoglycaemic activity of Ethanol /water (1:1) extract of aerial parts, administered orally to rats at a dose of 250.0 mg /kg, was inactive. Less than 30% drop in blood sugar level was observed.

10.2 Immunomodulatory Activity

Aqueous suspension of fruit rind powder, administered orally to rabbits at a dose of 100 mg/kg, stimulated the cell-mediated and humoral components of the immune system. There was an increase in antibody titre

to typhoid-H antigen.

10.3 Analgesic activity

Ethanol /water (1:1) extract of aerial parts, administered intraperitoneally to mice at a dose of 0.125 mg/kg, was active vs. tail pressure method [24].

10.4 Anticonvulsant activity

the anticonvulsant activity in Anar that Ethanol/water extract (1:1) extract of aerial parts, administered intraperitoneally to mice at a dose of 0.125 mg/kg was inactive vs. electroshock-induced convulsions. [24]

10.5 Anthelmintic activity

The chloroform extract of dried root and stem, administered to mice by gastric intubation at a dose of 250.0 mg/ kg for 3 days.[25].

10.6 Anti-fertility activity

Anti fertility effect in fruit peel, in the ration of guinea pig of both sex at a dose of 18.0 g/kg and in the ration of female rats, was active.[26]

10.7 Antifungal activity

Punica granatum in Ethanol/water (1:1) extract of aerial parts, at a concentration greater than 25.0 mcg/ml on agar plate, was inactive on Microsporum canis, Tricophyton menta grophytes, and Aspergillus nigar [24 ,27].

10.8 Anti-diabetic effect

Ethanol extract of the male abortive flowers, administered orally to normal glucose fed hyperglycaemic, and alloxan induced diabetic rats, produced significant blood glucose lowering effect.[28]

10.9 Anti-inflammatory activity

That ethanol (80%) extract of dried fruit peel, administered by gastric intubation to male rats at a dose of 100.0 mg/ kg, produced weak activity vs. carrageenin-induced pedal oedema. twenty three percent inhibition of oedema was observed.[29].

10.10 Gastro-protective activity

That aqueous extract of the fruit peel was experimented in the animal model against ethanol induced damage thea rat against. The extract produced 100% precipitation of ovine haemoglobin in vitro. Oral administration induced significant decrease in gastric lesion.[30]

10.11 Uterine stimulant effect

Water extract of fruit peel was active on the uterus of non-pregnant rats [31].

10.12 Cytotoxic activity

The hot water extract of fruit peel, at a dose of 120.0 mcg/ml in cell culture, was active on CA-JTC-26. The inhibition rate was 59% [32].

Antimicrobial activity [33], Healing Activity.[34]

11. CONCLUSION

Pomegranates have traditionally been utilized as a natural source of medicine, and plant components have been employed for the use of pharmaceuticals has steadily increased in the entire world. As per the World Health Organization, this herb is your best bet for finding a wide range of medications. Concerning In wealthy nations, eighty percent of people utilize them, within conventional medicine. the portion of the plant or the substances made from the plants are now a well-established formula for medications and nutrients-based products. This evaluation attempts to emphasize the plant's therapeutic value and the path taken by this traditional medicine to contemporary healthcare.

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