THE HOLY QURAN & SCIENCE
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MY PRESENTATION COVERS:

• THE HOLY QURAN’S VIEW ON FRUITS
• FIGS - THE SEEDLESS FRUIT
• OLIVES - THE RELISH FRUIT
• DATES - THE FRUIT OF DESERT
• BANANAS - A FRUIT OF BLESSINGS
• GRAPES - THE FRUIT OF GARDENS
• POMEGRANATES - A FRUIT IN THE GARDEN OF JANNAH / HEAVEN
Fruits are one of the oldest forms of food known to mankind.

Fresh and dry fruits are not only a good food but also good as medicine.
THE HOLY QURAN’S VIEW ON FRUITS

6:100

وَهُوَ الَّذِي أُنزِلَ مِنَ السَّمَاوَاتِ مَآءً فَآخَرَهُ جَنَّاتًا بَنِى إِسْرَائِيلَ كَذَا كَفَآيَتُهُمُ النَّارِ مِنْ خَيْرِ مَا كَنَّا مُتَّرِكُونَ

فَأَخَرَجَهُم مِنْ بَيْتٍ مِّنَ الْخَالِلِ مِنْ تَلُبُّهَا قَمَاوُانِ دَانِيَةً وَجَنَّتَ مِنْ أَعْنَابٍ وَزَيْنُونَ وَالْجِبَالَ مُشْتَبَهٌ وَغَيْرَ مُتْنَشِبٍ أَنَّهُمْ بِهَا أُشْهِدُونَ

إِذَا أَنْبَرَوْا بِتِلْعِبٍ إِنَّ فِي ذَلِكَ لَا يَلِتَ لَّقُومٌ يُؤْمِنُونَ
THE HOLY QURAN’S VIEW ON FRUITS

And He it is Who sends down water from the cloud; and
We bring forth therewith every kind of growth; then
We bring forth with that green foliage wherefrom
We produce clustered grain.
And from the Date-Palm, out of its sheaths come
forth bunches hanging low.
And We produce therewith gardens of Grapes,
and the Olive and the Pomegranate – like and unlike.
Look at the fruit thereof when it bears fruit, and the ripening thereof. Surely, in this are Signs for a people who believe (6:100).
THE HOLY QURAN’S VIEW ON FRUITS

According to Holy Quran, the fruits like banana, date, fig, grape, olive and pomegranate are gifts and heavenly fruits of God.

They contain substantial quantities of essential nutrients in a rational proportion.

Persons subsisting on this natural diet will always enjoy good health.
FIGS - THE SEEDLESS FRUIT

THE HOLY QURAN

By the Fig and the Olive

(95:2)
FIGS-THE SEEDLESS FRUIT

• Low in calories.
• Contains adequate levels of anti-oxidant vitamins such as vitamin A, E, and K
• contains chlorogenic acid in them help lower blood sugar levels and control blood-glucose levels in type-II diabetes
• PROTECT US FROM CANCERS, DIABETES, DEGENERATIVE DISEASES AND INFECTIONS
FIGS - THE SEEDLESS FRUIT

• Fresh, as well as dried figs contain balanced levels of B-complex group of vitamins
• Dried figs are an excellent sources of minerals like calcium, copper, potassium, manganese, iron, selenium and zinc.
• Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure
• Copper is required in the production of red blood cells. Iron is required for red blood cell formation as well for cellular oxidation.
OLIVES - THE RELISH FRUIT

وَجِنَابٌ مِنْ أَغْنَابِ وَالزَّيْتُوْنَ وَالرُّمَمَانَ
OLIVES: THE RELISH FRUIT

• Moderate source of calories
• Contain healthy fat in the form of Mono-unsaturated fatty acids (MUFA) like oleic acid and palmitoleic acid
• Contains minerals like calcium, copper, iron, manganese, and zinc
• Olive oil is recognized as one of the healthiest edible oils since it contains less saturated fat, and composes linoleic (omega-6) and linolenic acid (omega-3) essential fatty acids
DATES - THE FRUIT OF DESERT

THE HOLY QURAN

وَفِي الأَرْضِ قِطَعٌ مُتَجَاولَاتٌ وَجَنَّاتٌ مِنْ أَعْنَابٍ وَزَرْعٌ وَنَخِيلٌ صِنْوَانٌ وَعِيْدَ صِنْوَانٍ يُسَقَى بِمَاءٍ واحِدٍ وَنُفَضَّلُ بَعْضَهَا عَلَى بَعْضٍ فِي الأَكْلِ لِقَوْمٍ يَعْقِلُونَ (13:5)
DATES: THE FRUIT OF DESERT

THE HOLY QURAN

And in the earth are diverse tracts, adjoining one another, and gardens of vines, and corn-fields, and date palms, growing together from one root and others not so growing; they are all watered with the same water, yet We make some of them excel others in fruits. Therein are Signs for a people who use their understanding (13:5).
DATES- THE FRUIT OF DESERT

- Rich source of protein, dietary fiber and rich in vitamin B1, B2, B3 and B5 & vitamin A1 and C
- Help improve the digestive system as it contains soluble and insoluble fibers of amino acids
- A great energy boosters as they contain natural sugars like glucose, sucrose and fructose and low in calories
- Rich in potassium and reduced in sodium. This helps regulate a healthy nervous system
- Help in lowering of the LDL cholesterol
- High iron content and are very useful in treating anemia
- Have fluorine that slows down the process of tooth decay
- Help people suffering from constipation
- Cures abdominal cancer
- Dates - contain a high percentage of carbohydrate
BANANAS: A FRUIT OF BLESSINGS

THE HOLY QURAN

وَأَصْحَابُ الْيَمِينِ مَا أَصْحَابُ الْيَمِينِ 56:28

- وَأَصْحَابُ الْيَمِينِ مَا أَصْحَابُ الْيَمِينِ

فِي سِدْرٍ مَّخْضُودٍ 56:30

- فِي سِدْرٍ مَّخْضُودٍ

وَطَلْحٌ مَّنْضَوْدٍ 58:29

- وَطَلْحٌ مَّنْضَوْدٍ
BANANAS: A FRUIT OF BLESSINGS

THE HOLY QURAN

Those on the right hand – how lucky are those on the right hand! (58:28);

They will be amidst thornless lote-trees (58:29);

And clustered Bananas (58:30);

And extended shade (58:31)
BANANAS: A FRUIT OF BLESSINGS

- Contain carbohydrates and a considerable amount of potassium
- Recommended for fever, digestive system disorders, cramps, and muscle slackness
- The vast amount of potassium that it contains (0,24%) facilitates the excretion of waste from the body
- Bananas decrease blood pressure and are used to treat allergies
BANANAS - A FRUIT OF BLESSINGS

• Their potassium functions together with sodium, promotes cell and muscle development, and regulates the body's water equilibrium and heartbeat.

• Rich in vitamin B6 and are instrumental in keeping the brain's functioning normal.

• Promote red cell production, keep the chemical balance among bodily fluids, help energy production, and provide endurance against stress.

• Bananas cure anemic diseases (a deficiency in the number of red blood cells or in their hemoglobin content).
GRAPES - THE FRUIT OF GARDENS

THE HOLY QURAN

فَأَنْشَأْنَا لَكُمْ بِهِ جَنَّاتٍ مِّنَ نَّخِيلٍ وَأَعْنَابٍ لَّكُمْ فِيهَا فَوَاكِهُ كَثِيِّرَةٌ وَمِنْهَا تَأْكُلُونَ

(23:20)
And We produced for you thereby gardens of date-palms and vines; for you therein are abundant fruits; and of them you eat
GRAPES - THE FRUIT OF GARDENS

• Highly nutritive and rich in vitamins and metallic substances

• About 20-25% of their content is sugar, which quickly enters the bloodstream

• Iron and sugar contained within each grape also fosters blood production and acts as a natural medicine for liver, kidney, and digestive system diseases

• Stimulates the kidneys and help them excrete such waste matters as urea discharging the body's excess water, grapes lower high blood pressure

GRAPES - THE FRUIT OF GARDENS

• Grapes also strengthen the heart's muscles
• Instrumental in treating bronchitis and coughing, and enhance the skin's beauty by purifying the blood.
• Since it increases the secretion of milk, nursing mothers are advised to drink grape juice.
• Some chemicals found in grapes even decrease the probability of skin cancer.
• One cup of red or green grapes contains 104 calories,

POMEGRANATES - A FRUIT IN THE GARDEN OF JANNAH

THE HOLY QURAN

وَجَنَّاتٍ مَّنْ أَعْنَابٍ وَالزَّيْتُ وَالرُّمَّانَ

And We produce there with gardens of Grapes, and the Olive and the Pomegranate (6:100)
POMEGRANATES -
A FRUIT IN THE GARDEN OF JANNAH

• Contain a plentiful supply of potassium as well as such minerals as phosphorus, calcium, iron, and sodium, and vitamins A, B1, B2, B3, and C.
• A rich source of sodium and potassium.
• By maintaining the body’s potassium-sodium balance, it also helps the nervous and muscular senses to function regularly
POMEGRANATES - A FRUIT IN THE GARDEN OF JANNAH

• Revives tired muscles and enable them to move easily, and also strengthen the heart.
• Powerful anti-oxidant which guards the body against free radicals, harmful molecules
• Used medicinally for diarrhea, earache, bad vision, fevers, teeth and gum disorders and indigestion.
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Thank You