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## Munavvar Saeed

PG Scholar, Department of  
Amraze Jild WA Tazeeniyat,  
Hakim Syed Zia Ul Hasan  
Govt. Unani Medical College  
Bhopal, Madhya Pradesh,  
India

## Dilshad Ali

Reader, Department of  
Amraze Jild, WA tazeeniyat  
Hakim Syed Zia Ul Hasan  
Govt. Unani Medical College  
Bhopal, Madhya Pradesh,  
India

## Arif Anees

Reader, Department of Ilaj Bit  
Tadbeer, Hakim Syed Zia Ul  
Hasan Govt. Unani Medical  
College Bhopal, Madhya  
Pradesh, India

## Corresponding Author:

### Munavvar saeed

PG Scholar, Department of  
Amraze Jild WA Tazeeniyat,  
Hakim Syed Zia Ul Hasan  
Govt. Unani Medical College  
Bhopal, Madhya Pradesh,  
India

## Grapes as a medicine in the light of Prophetic & Unani medicine: A comprehensive review

Munavvar Saeed, Dilshad Ali and Arif Anees

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### Abstract

Grapes, with their rich historical significance, serve as both a popular fruit and an essential element in Tibb-e-Nabawi (Prophetic Medicine) and Tibb-e-Unani (Unani Medicine). They are packed with antioxidants, vitamins, and minerals, making them a valuable addition to a healthy diet. In Tibb-e-Nabawi, grapes are recommended for strengthening the heart, improving digestion, and enhancing overall vitality. Their notable content of resveratrol offers anti-inflammatory and anti-cancer properties, reflecting the prophetic emphasis on health maintenance and illness prevention. Grapes are also used to address respiratory issues, promote kidney health, and boost the immune system.

In Unani medicine, grapes, known as inab (Arabic) or angoor (Urdu), are utilized in various forms, including dried varieties like munakka and kishmish. They play a significant role in compound formulations for treating systemic disorders. Grapes are effective in managing conditions such as stomach pain, hemorrhoids, and abdominal complaints, and can be applied topically for skin and eye issues. Their medicinal benefits include anticancer, antioxidant, antibacterial, cardioprotective, hepatoprotective, and neuroprotective properties.

Chemically, grapes contain bioflavonoids (Vitamin P), thiamine, niacin, and Procyanidins B1 and B2, which contribute to their therapeutic effects. This review aims to explore the medicinal uses of grapes through the lenses of Tibb-e-Nabawi and Tibb-e-Unani, highlighting their holistic health benefits and underscoring their significance in traditional and modern herbal medicine.

**Keywords:** Grape, prophetic medicine, unani

### Introduction

Grapes are a widely enjoyed and popular fruit around the globe. They are consumed fresh and also incorporated into various dishes, including being used to make wine. In addition to their popularity, grapes are a rich source of antioxidants, vitamins, and minerals. The plant is commonly known as the grapevine, a name derived from the Latin verb "viere," meaning "to twist," which reflects the plant's twisting growth habit. The Latin name "Vitis" has Celtic origins, and the plant is renowned for its clusters of berries, known as grapes <sup>[1]</sup>.

Grapes, a fruit with historical significance, hold a prominent place in Tibb-e Nabawi due to their diverse medicinal benefits. Tibb-e-nabwaw is collection of Prophetic sayings about medicine now popularly known as prophetic medicine. It is mentioned frequently in The Qur'an the holy book of islam and oral traditions of prophet Muhammad (PBUH) which are termed as 'Hadith'. In Tibb-e Nabawi, grapes are recommended for their benefits in strengthening the heart, improving digestion, and enhancing overall vitality. As far as the recent knowledge is concerned the presence of resveratrol, a natural compound present in grapes contributes to its anti-inflammatory and anti-cancer properties, aligning with the prophetic emphasis on maintaining health and preventing illness <sup>[2]</sup>. Furthermore, Tibb-e Nabawi highlights the use of grapes in addressing respiratory issues, promoting kidney health, and boosting the immune system.

### Materials and Methods

For the review, extensive searches were conducted in relevant books, particularly the Quran and Hadith. Additionally, classical Unani medicine texts were explored through both online and offline sources. In addition, references were drawn from books on prophetic sayings about medicine, which are now widely known as prophetic medicine or *Tibb-e-Nabawi*.

### Vernacular Names

Quranic Name- *Inab*. Arabic- *Inab*. Unani- *Angoor*, *Maweez*, *Zabeeb*, *Munaqqaa*, *Kishmish*. Ayurvedic- *Draakshaa*, *Go-stani*, *Mrdvikaa*. Sanskrit- *Draksha*. Hindi- *Angur*. Bengali- *Angurphal*, *drakhyaluta*. Gujrati- *Drakh*, *Darak.*, Tam- *Kodimundari*, *Gostanidraksha*, Malayalam- *Mundari*, *Gostani*, Siddha- *Draksha*. Telegu- *Draksa*. Persian- *Kishmish* <sup>[1, 4, 5]</sup>. Scientific name: *Vitis vinifera* <sup>[24]</sup>.

**Habitat:** Every nation with a climate suitable for growing grapes, such as Australia, the Cape, California, and other regions of North America, has a long history of wine production <sup>[1]</sup> Egyptian hieroglyphic documents from 2400 B.C. provide evidence of grape and wine cultivation. During Homer's time in Greece (around 700 B.C.), grape wine was a widely consumed alcoholic beverage and is also mentioned in the Bible. Arabic literature frequently references grapes, and the sacred Islamic texts, the Quran and Hadith, mention this fruit often. Additionally, Unani physicians have historically utilized grapes in various medicinal forms. Although there was little information on grape production available before Muslims came to Indian subcontinent. Grapes were listed alongside many other plants in the early medicinal treatises of Charaka and Sushruta <sup>[1, 3]</sup>. A woody, shrubby vine also cultivated in Punjab, Rajasthan, Delhi, Uttar Pradesh Maharashtra, Karnataka, Andhra Pradesh and Tamil Nadu for edible fruits. <sup>[4]</sup> It is widely grown throughout the Indian peninsula, particularly in Bengal, Himachal Pradesh, Kashmir, Maharashtra, and Andhra Pradesh, as well as in northwestern India. It can be found in the wild in Afghanistan, Baluchistan, and the north-western Himalaya <sup>[1]</sup>.

### Botanical Description

It is a shrub, or less frequently, a tree, with a solid trunk and many long, twisted, uneven, straggling branches that are dark brown in color and somewhat thickened at nodes. Green, fragrant flowers grow in clusters; leaves are oblong, three to five lobed. Fruit: a berry that is pulpy and sticky, ranging in color from dark brown to black; it is oblong or oval, occasionally spherical, measuring 1.5–2.5 cm in length and 0.5–2.5 cm in width. The outer skin is unevenly wrinkled, creating ridges and furrows; it typically contains one to four seeds, each measuring 4–7 mm in length, round to triangular or simply ovoid, taste sweet <sup>[1, 5]</sup>.

**Leaves:** Juice cures *bawāsīr* (Piles), *warm al- Ṭihāl* (Inflammation of the spleen), *Ṣudā* (headache), *jarab* (Scabies), stops bleeding from the mouth, <sup>[1]</sup> used as an eye wash, <sup>[16]</sup> *ishāl* (Diarrhea), *naft al-dam* (Hemorrhage), the leaves for their astringent and haemostatic's properties. <sup>[16]</sup> *dawālī* (Varicose veins), <sup>[16]</sup> *Ṭaqṭīr al-bawl* (Strangury), skin diseases and *aẓm-i-Ṭihāl* (splenomegaly). <sup>[15]</sup>

**Flower:** Chronic bronchitis, <sup>[1]</sup> hepatopathy, *faqr al-dam* (Anemia), *iḥṭebās al-Ṭamth* (amenorrhea) and dysmenorrhea <sup>[1]</sup>.



**Fig 1:** Composite picture of various grape varieties

### Mizaj (Temperament) of grape

Ripe: *Hārr Raṭb* (Hot and moist) in 1<sup>st</sup> degree <sup>[1, 6]</sup>.

Unripe: *Bārid yābis* (cold and dry) due to its *Humūdat wa Qabḍiyat* <sup>[1, 6]</sup>.

### Actions

Dried grapes, or raisins, have laxative and demulcent properties, as well as expectorant properties. <sup>1,3</sup> They are more *mulayyin* (laxative) than fresh fruit and are attenuant, nutritive, and *Muṣaffī-i-Dam* (blood purifier) *mubarrid* (refrigerative) <sup>[1]</sup>,

### Part Used

Fruit, ripe, unripe and partly dried ones (Raisins), leaves, dry fruit and flowers <sup>[1]</sup>.

### Chemical constituents

Bioactive substances such as phenolic acids, flavonoids, anthocyanins, stilbenes, and lipids are abundant in grape juice. The health advantages of grapes and products made from them are attributed to these substances <sup>[7]</sup> they have numerous uses in the food and nutraceutical industries and exhibit antioxidant, antibacterial, anti-inflammatory, and anti-carcinogenic properties. Grape extracts that are high in these bioactive components have been connected with a lower prevalence of cardiovascular disease and its main risk factors, such as hypertension, (high blood pressure), a clinical condition that is linked to a high death rate globally. Sugars, carotenes, choline, inositol, tannins, tartrates, and flavonoids are all present in grape vine. Vitamins A, B1, B2, C, sugars, tannin, tartaric and malic acids, flavones glycosides, and minerals are all present in the fruit <sup>[4]</sup>.

### Ashes

The ashes of the Stem are good for joint pains, *bawāsīr* (piles), swelling of the testicles, and *Haṣāh al-Mathāna* (stones in the bladder) <sup>[1]</sup>, and *waram al-unthayayn* (orchitis) <sup>[15]</sup>, Seeds Ash is effective when applied in localized inflammation <sup>[1]</sup>.

### Results and Discussion

First we are using excerpts from the Quran, the primary and most authoritative Islamic source, which is considered the highest standard of authenticity. Even prophetic sayings are evaluated in light of the Quran.

### Quranic verses mentioning grapes

The Holy Quran frequently mentions grapes as a symbol connecting the earthly and the divine. Alongside various other fruits, they are presented as signs to recognize the greatness of God and His blessings. Grapes appear in over ten verses across several chapters of the Quran. Here are the Quranic verses that reference grapes.

Surah An'am - 6. V: 99; Surah Nahl - 16.V:11 and V: 67; Surah Bani - Israel -17.V:91; Surah Kuhf -18. V: 32; Surah Yasin -36. V: 34; Surah Nabaa - 78. V:

31-32; Suruh Muminun -23. V: 19; Surah Abasa- 80. V: 28. Surah Raad - 13.

V: 4; Surah Baqrah- 2. V: 266 <sup>[17]</sup>.

### Grapes in Tibbe-e-Nabawi

The second source of Prophetic Medicine consists of the sayings of Prophet Muhammad (peace be upon him), which are compiled in collections known as Hadith. These

collections encompass approximately 200 books, but six are regarded as the most authentic, collectively referred to as the "Shahih Sitta" or the Six Authentic books.

The Prophet Muhammad (Peace be upon him) spoke highly of grapes, referring to them as one of the fruits of Paradise and highlighting their numerous benefits. He encouraged people to "eat of the good things" provided by God, specifically mentioning grapes as a blessed fruit. The Prophet advised their regular consumption for health benefits, noting their sweetness and nourishing qualities. He described grapes as a source of joy for the heart and emphasized their role as a sign of God's mercy and bounty. Additionally, sharing grapes is presented as an act of kindness and generosity. The Prophet recognized grapes as part of the divine provision of various fruits and described them as food that purifies both the heart and body. These narrations collectively underscore the significance of grapes in Islamic tradition and their associated blessings [21].

### Grapes and Tibb-e-Unani

Tibb-e-Unani is an traditional system of medicine providing health care to masses all over the world since thousand of years. Several types of treatment options are available which are recommended by tibb-e-unani among them ilaj bil ghiza or treatment through diet is very important. Garpe is considered as diet due to its nutritional values. Besides this several compound formulations are also used in unani medicine which contain grapes in fresh, dried and extract forms as well. Few of the famous compound formulations are mentioning here in the article.

- **Sharbat-e-Angoor:** This compound formulation is in syrup form and commonly used for general weakness some physicians also use it for kidney stone [19, 20].
- **Sirka angoori:** vinegar is termed as sirka which is prepared commonly from dates, grapes and other fruits. This is very common formulation used in diet and medicine as well. Prophet also loved to eat vinegar once he said it as good condiment [22]. Besides this its also a famous compound medicine used in Unani system of medicine [18]. In Unani medicine, the term sirka is commonly applied for Sirkaangoori (vinegar of grapes) which is used both internally as well as externally due to its Saree-al-nufooz (Rapidly diffusible), muhallil (Resolvent), qabiz (Astringent) properties in many diseases [23]. Several other compounds are also made using vinegar.
- **Majoone-e-zabeeb:** Zabeeb is dried form of a variety of grapes it is termed as munaqqa in tibb-e-unani and in arabic language. This compound formulation used in epileptic conditions [19, 20].
- **Itriphal ustukhuddos:** Itriphal ustukhuddos is one of the most famous compound formulations of unani medicine. It's a versatile drug used in ailments belong to various systems of body. Its famous for use in sinusitis, migraine, melnacholia and other nervous system disorders [17, 19, 20].
- **Majun-e-falasfa:** it is also a famous medicine used in joint disorders, general debility, weakness of memory and urinary disorders [19].

### Medicinal uses of different part of grapes

Grapes, both fresh and dried, have varied uses in ayurveda and Unani system of medicine [16]. there was a long history of using *V. vinifera* in traditional medicine, Grapevine sap

was used as an ointment to heal conditions of the skin and eyes. *V. vinifera* leaves were also used traditionally to relieve pain, inflammation, and hemorrhage. Unripe grapes can relieve sore throats, while dried grapes can help with constipation. Furthermore, the useful biological components found in the seeds, leaves, and fruits of the vitis species make them useful as dietary supplements, apart from their medicinal properties [8]. It is a nutritious food which acts as mild laxative. Grapes can help the body recover from disease, particularly liver and gastrointestinal disorders. It is advised to fast and break the fast with grapes for detoxification because their nutrient content is similar to that of blood plasma [8]. Synthetic antioxidants have been increasingly popular in skincare products due to their great performance and affordability. But the majority of artificial antioxidants are carcinogenic, which means they have harmful side effects and shouldn't be used over an extended period of time. In order to utilize synthetic antioxidants, we also need to consider other options, such natural antioxidants.

Grapes are a good choice for skin anti-aging because they are a natural source of antioxidants. The content of compounds from flavonoids that act as antioxidants. [9] the fresh fruit is antilithic, constructive, cooling, diuretic and strengthening [10, 11]. It is notably advised to treat slow biliary function or torpid liver by following a grape-only diet for a certain amount of time [12]. The fruit is also helpful in the treatment of varicose veins, hemorrhoids and capillary fragility. [8] The dried fruit is demulcent, cooling, mildly expectorant, laxative and stomachic [11] It has a slight effect in easing coughs<sup>8</sup> The leaves, especially red leaves, are anti-inflammatory and astringent [8, 10, 11, 12]. A decoction is used in the treatment of threatened abortion, internal and external bleeding, cholera, dropsy, diarrhea and nausea [8, 11, 12]. It is also used as a wash for mouth ulcers and as douche for treating vaginal discharge,<sup>8</sup> Red grape leaves are also helpful in the treatment of varicose The dried fruit is demulcent, cooling, mildly expectorant, laxative and stomachic [11] It has a slight effect in easing coughs [8] The leaves, especially red leaves, are anti-inflammatory and astringent [8, 10, 11, 12]. A decoction is used in the treatment of threatened abortion, internal and external bleeding, cholera, dropsy, diarrhea and nausea [8, 11, 12]. It is also used as a wash for mouth ulcers and as douche for treating vaginal discharge [8], The red grapes leaves are harvested in early summer and used fresh or dried [13] the seed is anti-inflammatory and astringent [10, 11, 12]. The sap of young branches is diuretic [12]. It is used as a remedy for skin diseases [11, 14] and is also an excellent lotion for the eyes [8, 10, 12] the tendrils are astringent and a decoction is used in the treatment of diarrhea [10].

### Conclusion

As its clear from aforementioned description that grapes are a versatil fruit having enormous benefit which has been proven from vast scientific literature and traditional books. Prophetic medicine also proves its versatile benefits as it is frequently mentioned in Al Quran clearly and also described in the saynigs of prophet Muhammad. Besides this various phytochemical, experimental, and clinical research conducted using contemporary metrics have also demonstrated its effectiveness. Therefore, it's the need of the time is to explore its beneficial properties so it becomes a boon for masses. However, more research is required to

determine its other therapeutic and nutritional benefits.

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